

Rich, Gooey,
Delicious
BROWNIES!
p.91

FEBRUARY 2015
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refresh & renew

ROOMS IN BLOOM

GET SPRING
BLOSSOMS NOW! p.68

VALENTINE GIFTS

HANDCRAFTED
WITH LOVE p.50

FAVORITE STEWNS

WITH A TWIST p.82



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between friends



ready, set, refresh

One of the things I love about being a magazine editor is that our world never stands still. Every 30 days, we start an issue with blank pages pinned up on a wall and a vision for content that will help you live the month to its fullest: the home ideas, the food and celebration, and all the vibrant expressions of personal style that *Better Homes and Gardens*® readers love.

The thrill for us—always—is putting it all together in an issue that's energizing to read and full of fresh ideas. And this month, we're

introducing a few changes to make your reading experience even more enjoyable.

I think you'll notice the difference right away. We've given our Fresh section a clean new look with more variety of lifestyle content and lush, layered imagery. We've moved our beauty pages here, too, alongside our party of the month.

But the change I'm most excited about is the launch of a new signature feature: an expansive editorial "well" dedicated to helping you live a more colorful and creative life. This month's Life in Color section stretches uninterrupted from page 59 through page 80, to create a truly "sink in and enjoy it" experience. This and every month, the promise of this section is to refresh your vision of the way you want to live and bring you ideas to make your own. Grab a latte, and kick back.

One other small but important addition to the magazine is our new contributors column, *right*. It highlights a few of the highly talented people we work with in creating each month's issue. We are grateful to the creative people who join us in magazine-making, and I thought you'd like to meet more of them.

Let me know what you think of our new look: BHGEditor@meredith.com. I'd love to hear from you.

Gayle Goodson Butler,
Editor in Chief

Get the iPad edition

Snap up a great deal on all your favorite magazines, including BHG—now just \$5 each—to enjoy bonus content and interactive features. This month: video how-tos for a Hollywood-style party and handmade valentines, a bonus gallery from our D.C. rowhouse, and our reader favorite Color Studio. BHG.com/GetDigital



contributors

NATALIE CHANIN CRAFTS, "SHARE THE LOVE" p. 50

Natalie worked as a stylist and costume designer all over the world before returning to her hometown, Florence, Alabama, to start her sustainable fashion and home company, Alabama Chanin. In 2013, she won the CFDA/Lexus Eco-Fashion Challenge. She's also the author of three design



BETH HOWARD

WRITER, "HOW TO SAVE YOUR OWN LIFE" p. 120

Beth is an experienced health writer whose work has appeared in *The Washington Post* and *The Wall Street Journal*, among other publications. "It was shocking to me that data show women are still getting shortchanged in the ER when they come in with heart attack symptoms," she



says of her research for this article. "Both medical professionals and women need to understand the risks."

MATT LEWIS & RENATO POLIAFITO

RECIPES, "BROWNIES" p. 90

Matt and Renato call themselves "dessert archaeologists" because they dig (and eat) their way through regional recipes from across the country. The delicious results are on display at their Brooklyn bakery, Baked, in their four cookbooks, and at their just-opened shop in Tribeca.





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rough skin
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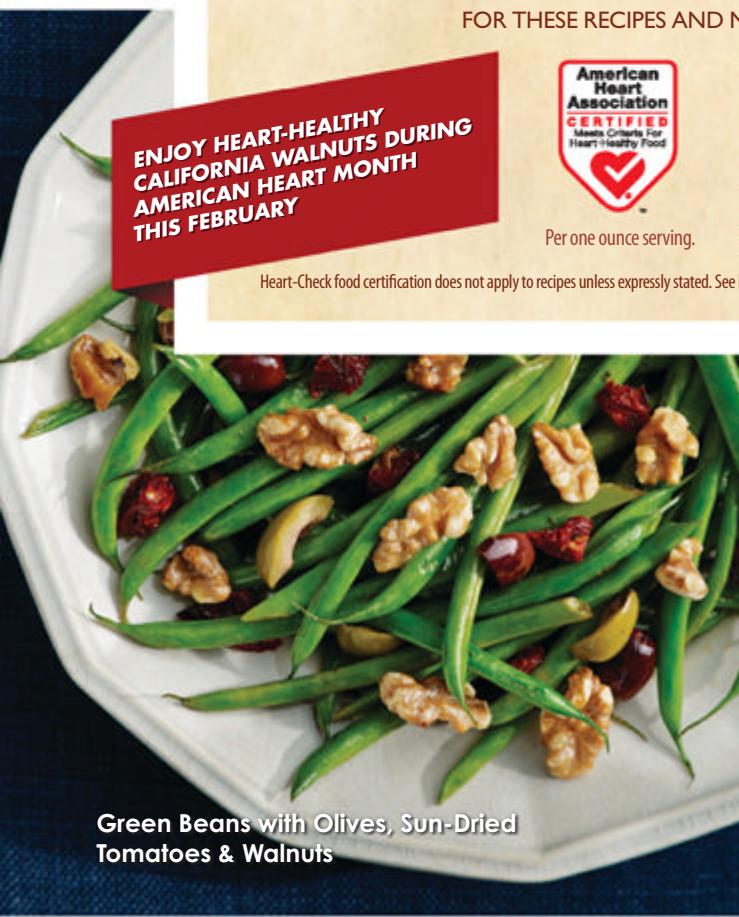


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spruce up your space

MORE BANG FOR YOUR BUCK

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Find dreamy decorating ideas from Hollywood blockbusters. See our editors' picks for the best movie rooms and vote for your favorite. BHG.com/BestRooms



blog we love

TAKEAMEGABITE.COM

WHO SHE IS Sweets-lover Megan DeKok started her blog, Take a Megabite, in 2009 as a way to connect with other foodies and share her adaptations of favorite childhood recipes.

COOL OFF Take a Megabite is packed with recipes for cookies, breads, and cakes, but Megan's go-to treat is ice cream. Using her favorite base recipe from Jeni's Splendid Ice Creams, Megan has made her own creations like French Silk Pie and Blueberry Cheesecake ice creams.

LOTS OF LOVE For the past six years, Megan has hosted a party celebrating what she considers the prettiest holiday: Valentine's Day. Guests bring the champagne, and she provides bite-size eats and DIY decor. In the past, the party has featured breakfast sausage corn dogs, BLT sliders, and plenty of colorful crepe paper decor.

JUST FOR OUR READERS

This month on our Delish Dish blog, Megan shares ideas for hosting a Valentine's Day soiree. ■



See Megan's festive party ideas.
BHG.com/FebBlog

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love it? get it!

This month, we're sharing dozens of things we absolutely love. Check out what's on our radar for your home, your garden, and your loved ones!

SAVVY SCORES

In need of a furniture refresh for just a little cash? Shop these finds for \$250 or less. BHG.com/Shop250



SWEET TREATS

Whip up a charming confection for loved ones with help from our go-to bakeware basics. BHG.com/ShopBakeware

GIFTS WE ❤

Check out a roundup of picture-perfect gifts for Valentine's Day. BHG.com/ShopVDayPicks ■



WIN

Go to BHG.com/WinGear in February to enter to win our favorite garden goodies for 2015. Details on page 127.

HIGH-PERFORMING HYDRANGEA

Hydrangea paniculata Fire Light is an exceptionally hardy selection that blooms reliably even in cold climates. It begins its show in midsummer with abundant pure-white blooms that gradually turn deep reddish-pink until fall. The strong stems support 12- to 16-inch flower heads without drooping. It's truly beautiful in a border or foundation planting, becoming a well-branched shrub reaching 4 to 6 feet tall. Give this easy-care hydrangea full sun to partial shade and average garden soil. A Proven Winners variety.

Ships in a 2-quart pot at the proper time for spring planting in your Zone, weather permitting. Recommended for Zones 4–8. Item MMO63163, \$24.95 plus shipping.



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fresh february



love it up!



FEBRUARY 6

Go glam on National Wear Red Day for women's heart health.

The lips have it with one classic shade in three finishes: matte, sheer, and metallic. \$55 for trio; lipstickqueen.com

Spread the love this Valentine's Day and tag friends with a heart sticker. It says it all!



Photo strip meets flipbook album, and falls in love. Create your own from \$15; madesquare.com

« GREAT PHOTO OPS »

Watercolor filter meets perfect snapshot, and makes a notecard. Eight for \$20; paperandpalette.etsy.com



L-O-V-E actually

Robert Indiana's iconic symbol turns 50 this year. What started out life as a holiday card for NYC's Museum of Modern Art has been reimagined as sculpture, stamp, and more. Find still more versions at momastore.org.

Hot list Can't get enough of Harlequin romances? Indulge your guilty pleasure with Scribd. The e-reader subscription service features an exclusive library of Harlequin titles, plus more than 500,000 other reads. scribd.com

In private What happens on Avocado... The free app is for four eyes only, from shared honey-do and grocery lists to date night plans and chats. avocado.io

Puppy love No need to beg: The Westminster Dog Show airs live Feb. 16-17 on USA Network. Look out for two new breeds, the Wirehaired Vizsla and the Coton de Tulear.

Night out Straight from the rom-com playbook: Give your "regular spot" a romantic upgrade. Call ahead for the OK to bring a special tablecloth, flowers, and votives. Now you're dressed for dinner.

**now trending****Brushing up**

There's nothing random about this artistic motif: Paintbrush strokes in cheerful hues are here to play.

Paintbrush tassel scarf, \$28; [kohls.com](#) (available mid-February)
Regine pillow, \$29.95; [cb2.com](#)

Madison Bloom dinner plates, \$14 each; [qsquarednyc.com](#)
Mini zipper clutches, \$56 each; [shop.kindahkhaliidy.com](#)

shelf life
Dessert cookbooks

In search of the perfect ending? Have your gâteau and eat it, too, with Dorie Greenspan's new take on French desserts. Fritz Knipschildt's haute chocolate is for those who consider the ingredient a food group. And if the caramel craze has hit you, feed your habit with Sandy Arevalo's confections.



Baking Chez Moi
Dorie Greenspan, \$40;
Rux Martin/Houghton Mifflin Harcourt



Chocologie
Fritz Knipschildt, \$24.99;
Houghton Mifflin Harcourt



Artisan Caramels
Sandy Arevalo, \$14.99; Cedar Fort

the happy moviegoer
McFarland, USA

Stand and Deliver plus *Chariots of Fire*, with a hint of *Friday Night Lights*. Sold! This inspirational story of a coach who turns a ragtag group of Latino farmworker kids into a championship track team is based on true events. Plus, who doesn't have a soft spot for Kevin Costner? In theaters February 20.

**connect + enjoy****Looking fit**

So long, silicone activity bands. There's a new tracker in town. The Shine fitness and sleep monitor comes in a ton of colors and pops into a variety of wearing devices—cuffs, fobs, necklaces. It's one of our BHG consumer electronics Editors' Choice picks! Shine activity tracker, \$99.99, mesh band, \$49.99; [misfit.com](#)



No charging station necessary: These trackers run on a watch battery.

Things are not always what they seem...

**WHO KNEW?**

Fortune cookies are actually a Japanese invention. Fun fact for your Chinese New Year party (February 19)!



It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- ▶ Dryness/itching
- ▶ Burning/stinging
- ▶ Feeling like something is in your eye
- ▶ Sensitivity to light
- ▶ Blurry vision
- ▶ Problems wearing contact lenses
- ▶ Watering eyes

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

▶ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.

▶ **GO TO [mydryeyes.com](#),** **TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.



SWEET NOTHINGS

Valentine's Day wish list: chocolate, roses, and gold. Wish granted: This petite floral interpretation has it all. A gold-wrapped glass, fluffy garden roses, and a cluster of chocolate cosmos. Go ahead, treat yourself!



Check this DIY:
Inspired by blogger
Kelli Hall, we brushed
liquid gold leaf around
a glass. Insta-glam!
Find Kelli's fun
entertaining ideas:
kellihalldesign.com

WHO KNEW?

There might be something in a name after all—floral powerhouse FTD was founded in 1910 by John Valentine.

Got in my Camry.
Went on a treasure hunt.
Met a guy who knew a guy.
Found some rare collectibles.
Then I found the Holy Grail.
Literally.
Ditched my competition.
Hid in a barn.
Best conversation piece ever.

THE BOLD NEW CAMRY

ONE BOLD CHOICE LEADS TO ANOTHER.

The 2015 Camry with a sporty, high-tech interior.
toyota.com/camry

Prototype shown with options. Production model will vary. ©2014 Toyota Motor Sales, U.S.A., Inc.



Let's
Go
Places

ON LOCATION

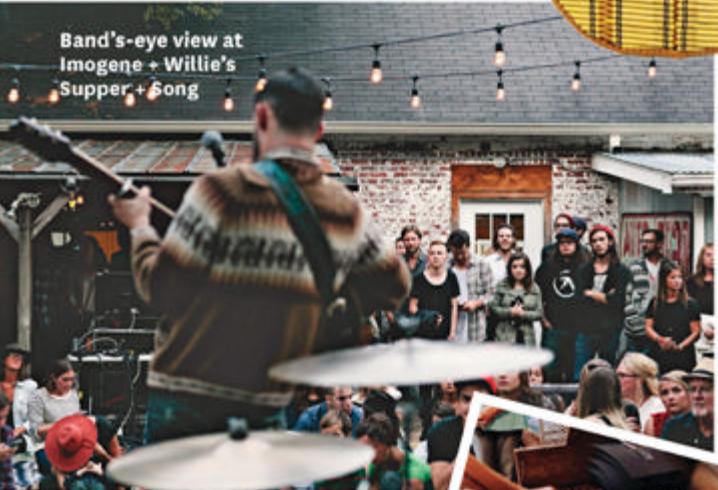
music city

Spotted: wood and Lucite clutch at the shop of local designer Kayce Hughes.



Perfectly molded ice spheres are just the tip of the craft cocktail 'berg at The Patterson House.

Band's-eye view at Imogene + Willie's Supper + Song



A full-fledged silk screening shop is just one facet of Fort Houston.



NASHVILLE, TN

POPULATION: 609,644

Honky-tonk goes hipster in this Southern boomtown.

JEAN FUSION Even the jeans come with music here. Custom denim outfitter Imogene + Willie hosts a free regular musical picnic in the backyard, so long as the weather cooperates. These Supper + Song soirees are catered by food trucks, enjoyed by all. imogeneandwillie.com

ON THE MAKE Innovators Ryan Schemmel and Joshua Cooper's kitted-out warehouse, Fort Houston, operates like a gym for makers: For a monthly fee, members give their creativity a workout in a woodshop, darkroom, screen printing area, and mechanical shop. forthouston.com

DISHING IT OUT The city's genre-mixing talent isn't limited to the stages. Grab a table at Italian spot Moto for a taste of savory blueberry lasagna (mstreetnashville.com). Or head to Fido (bongojava.com/fido-cafe) and dig into a slice of Pink Radio Cake—sweetened by beets.

WAX MUSEUM For Herb Williams, the medium is the message. This crafty artist sculpts masterpieces, like this guitar, left, out of crayons—and donates excess stock to children's art programs across the state. herbwiliamsart.com

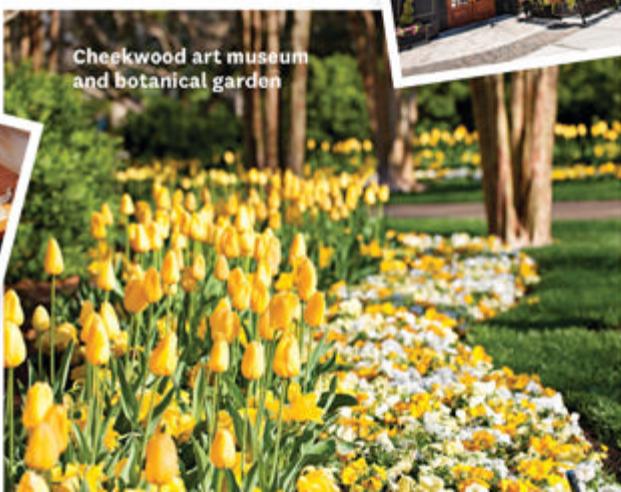
FOR THE RUN OF IT Leave it to Nashville to turn road races into performance. What Do You Run For puts on themed races throughout the year that typically include food, music, even costumes. This month, finish the Hot Chocolate 15k/5k and celebrate with a cup of cocoa and fondue. whatdoyourunfor.com ■

WHO KNEW?

Railyard-turned-hotspot The Gulch was the first LEED-certified neighborhood in the South.



Cheekwood art museum and botanical garden





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PRIME TIME

Dullness. Dark spots. Redness. Whatever your skin woe, one of these color-correcting primers has you covered. "Paint one onto trouble spots before foundation, and watch your problem disappear as the product blends into skin," says Lori Leib, a makeup artist in Los Angeles. *From top:* DULLNESS Mineral Fusion Illuminating Primer, \$28.99; mineraffusion.com
SEVERE REDNESS NYX Studio Perfect Photo-Loving Primer, \$13; nyxcosmetics.com
DARK SPOTS Smashbox Photo Finish Foundation Color Correcting Primer, \$39; smashbox.com
MILD REDNESS Clinique Superprimer for Redness, \$27; clinique.com
SALLOWNESS Bodyography Veil Foundation Primer, \$31; bodyography.com
UNEVEN TEXTURE Revlon PhotoReady Perfecting Primer, \$10.99; drugstores

Apply color-correcting primer on problem areas with a tapered brush.
TRY: EcoTools Flat Foundation Brush, \$5.99; drugstores



**IS YOUR
MAKEUP AGING
YOU?** Head to
BHG.com/BeautyQuiz
to find out.

Tuck in. Breathe in. Drift off.



Indulge in the relaxing scents of the Downy and Febreze Sleep Collections to enjoy the soothing scents of lavender, over, under and all around you.



IN PERSON

kerry diamond

Restaurateur, editorial director
of *Cherry Bombe* magazine

INTERVIEW BY KARI MOLVAR

BEAUTIFUL LIFE Kerry went from the world of high-powered fashion and beauty (editor at *Harper's Bazaar*, PR guru for Lancôme and Coach) to indie food, starting three restaurants with chef boyfriend Robert Newton. *Cherry Bombe*, the twice-yearly magazine she cofounded in 2013, combines the two worlds. "It's all about food plus girl power," she says. On top of that, Kerry has been named editor in chief of Yahoo! Food.

BEAUTY ADDICTIONS "I've been a Lancôme Définicils Mascara girl forever—it perfectly lengthens my lashes. I also love bright nail polishes from Chanel." \$27.50, lancome-usa.com; \$27, chanel.com

BEST WAY TO SPEND \$50 "A chambray shirt from Madewell. They make the best denim."

TYPICAL DAY "It's intern meets CEO. I'm making big decisions about my business, but also carrying boxes to the post office."

FAVORITE DISH "Fried chicken with buttermilk dressing from our casual Southern restaurant, Wilma Jean. It's named after my boyfriend's grandmother, who grew up in Arkansas."

GO-TO APP "I'm obsessed with Instagram, like the rest of the world. Creativity bubbles to the surface, and I love following photographers like Nicole Franzen and Alice Gao." ■



"My style is fashionable on the go. Think Converse with a jumpsuit."

I'M INSPIRED BY

"Lilacs at the Brooklyn Botanic Garden. The season is so short it breaks my heart."

IN MY PURSE

"Give me a sheer pinky-brown lipstick, and I'm super happy." \$26; bobbibrown.com



IN MY FRIDGE

"The White Moustache yogurt—it's an indie company, and they have beautiful seasonal flavors."





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starry night

Party like a movie mogul! This awards night, invite your favorite film buffs for a watch party that has all the glitz and glam of Tinseltown. Black tie optional; popcorn mandatory.



Cut glitter cardstock for a DIY garland. Watch our easy how-to video. BHG.com/StarGarland

Cranberry juice, vodka, and Prosecco make this festive pink drink. Even easier: Prosecco rosé right out of the bottle.

STIRRING PERFORMANCE
That famous sign inspired these sparkly stir sticks. Top wooden skewers with glittered foam letters, \$3.99 per set; hobbylobby.com

DAISY POTATO SKINS

© 2011 Daisy Brand



SET A SPARKLY SCENE

for a night of celebrating with your entourage. For decor, it's all that glitters: flickering candles, clear glass, and glitter-paper stars in a mix of metallics, hung overhead and strewn underfoot. (Party safely: Use double-stick tape for the floor stars.) Keep the food elegant and easy to grab—think cheese board and one-bite hors d'oeuvres. Then take your front-row seat on the sofa for Hollywood's biggest night.



Guess winners on our free downloadable ballot. Chic mini plastic clipboard, \$.99; nordisco.com



Catch the 87th annual Academy Awards on ABC Sunday, February 22.

FREE PARTY KIT

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BHG.com/MovieParty



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POLISHES

Glam up your on-trend nude mani for the big night. Cocktails & Coconuts and Rock at the Top, \$8.50 each; essie.com



POPCORN BOXES

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home

10 THINGS TO LOVE ABOUT *a family hot spot*

Get cozy and cook in the same room? Share a meal, then a movie? You bet! Here's where a family of seven loves to do everything together.

BY KIT SELZER | PHOTOS ROB BRINSON
PRODUCED BY LISA MOWRY | STYLING ED GALLAGHER

YOU CAN'T BEAT SATURDAY MORNINGS,

as far as Anna and Carl Streck are concerned. That's when they get to do what they enjoy most—absolutely nothing. That is, nothing involving a checklist, a clock, or a commitment beyond their Marietta, Georgia, home. "We love to spend the morning having breakfast as a family," Carl says. "It's our time to be together with no agenda." This young family has the perfect place to take care of everything on the nonlist: a remodeled kitchen and family room in this ranch-style home. The open floor plan allows Carl and Anna to help Trey with a Lego project, admire Georgia Rose's artwork, or race cars with Sumter on the refinished hardwood floor, while they care for and cuddle with Isaiah and Hope, the children they adopted who were both born with brain conditions. For the Stretches, doing "nothing" together means absolutely everything. Take a peek at their happy hangout for ideas any-size family can use.



1 COMFORT ZONE

A banquette is like a sofa for the kitchen. Eating on the furniture is allowed; getting comfortable is encouraged. The bench, *page 29*, is loaded with pillows—no two alike—and drawer storage for toys and art supplies.

2 SOFT TOUCH

Treating the kitchen like living space makes it an activity center even when nothing is cooking. Light green cabinets, treasured photos and artwork, and shapely light fixtures—including lantern-style pendants (bellacor.com) painted Anna's favorite pink—soften hardworking edges.

3 WORK & PLAY

How about appliances that put the fun in functional? The Stretches scored a '50s-look fridge on Craigslist and chose a commercial-grade range in white for restaurant power that doesn't overpower the space.

4 TOPPER TRICK

To unify the range wall, designers Julie Holloway and Anisa Darnell of Milk and Honey Home suggested a vent hood that matches the backsplash. Its secret? The subway tile is installed on a cement board frame.

5 CLEAR VISION

Bright spaces start with large, uncovered windows. "During the remodel we were nearly crazy about preserving all the windows and views out the back," Carl says.

AT HOME WITH Carl and Anna Streck and their children, Trey, 6, Georgia Rose, 4, Sumter, 2, Isaiah, 2, and Hope, 10 months.

DECORATING STYLE

"Modern vintage. We love to be comfortable like a cottage but slightly push the edges with some flair," Anna says.

BEST ADVICE "Recognize that life is lived in phases," Carl says. "Do what you like in the time you are in and be OK with changing it later."

A tall cabinet bookends the kitchen and shows off the profile of this Smeg retro-style fridge.

Tea Light 471
Benjamin Moore

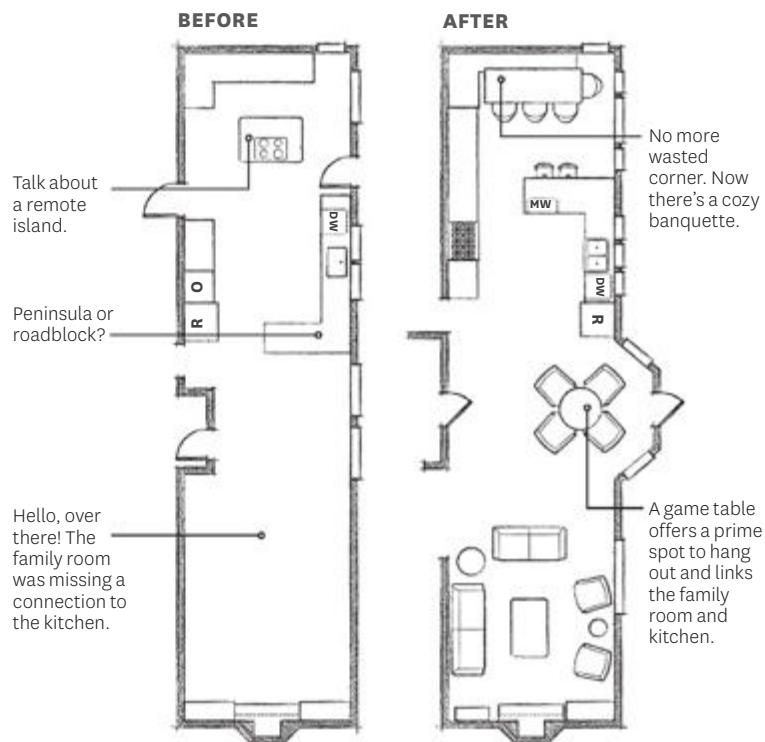


6 SHELF ESTEEM With cabinets, it's possible to have too much of a good thing. We like the way two raw wood shelves break up the cabinetry, *above*, and create a display spot.

7 TURN THE TABLE Here's a fun addition to a kitchen: a small table for homework and projects—no need to clean up before dinner—with chairs that offer sink-in comfort (similar available at wayfair.com).

8 ROOM FOR ALL Cozy up a long, narrow space with a series of gathering spots. Here the banquette table, breakfast bar, game table, and family room seating work well independently but also team up for easy traffic flow. No one spot feels isolated.

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A few rows of new bricks were added to fill the void from vaulting the ceiling, but you'd never know thanks to a coat of white paint.



9 BURIED TREASURE

Stripping away the tile and paneling from the family room fireplace revealed a happy surprise: an old brick wall the designers dressed up with paint, a floating mantel, and a wall-mount art lamp. Built-ins were replaced with furniture—less formal, more flexible.

10 GETTING THEIR FILL

What was the Streck's' makeover must-have? Pillows. "All of our spaces have pillows that are used for snuggling, building forts, or having pillow fights," Anna says. "They make our house a home that's fun and comfortable." ■



This big ottoman (slipcovered in Salem Smoke fabric; leeindustries.com) acts as footrest, coffee table, and play zone.





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CITRON

No. 74 Farrow & Ball
Let this custard yellow take you to a happy place—it instantly transforms a bland mudroom or hallway.

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VELVET NIGHT**

4001-8B Valspar
Blend this rich lavender into a room filled with grays for a quick hit of luxe color.

lemon+lavender

Talk about a breath of fresh air—there's no way this combo will fail to wake up a room. It's your choice: intense and juiced up or lighter and chilled out.

OPTIMISTIC YELLOW

SW 6900 Sherwin-Williams
To warm things up, swap your stark white for this neutral. The kiss of yellow pretties up plain moldings.

LAVENDER HAZE

344-3 Pittsburgh Paints
Coat your bedroom walls in this calm, soothing shade to set the tone for relaxation.

INNER GLOW

348 Benjamin Moore
Try this on kitchen walls as a sunny contrast to white cabinetry. Sprinkle in lavender accents for a knockout combo.



"Balance these shades with neutrals—think steely gray and taupes."

MEET DAVID BROMSTAD

Host of HGTV's *Color Splash*, this guy knows a thing or two about color.

START AT SQUARE ONE

Literally. When picking a shade for your walls, "go all the way to the lightest shade on the color swatch. It might look muted, but only because it's against the bolder, wilder colors below."

TAKE IT FROM NATURE

"Just like a tree isn't one shade of green, your rooms shouldn't be matchy-matchy shades of one color." Branch out with a mix of different yellows or purples for pleasing balance.

EASE IN "Most people feel the need to add color to walls to be colorful, but you don't have to start there. Try out the color with pillows or a rug before going all in."



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WALL
Yellow Lotus
Benjamin Moore



Lemon Chiffon
Benjamin Moore



ACCENTS (left to right) Elderberry Wine, Stem Green, Grappa (Benjamin Moore)



WALL
Grape Mist
Sherwin-Williams



ACCENT
Friendly Yellow
Sherwin-Williams



ACCENTS (left to right) Passive, Ash Violet, Accessible Beige (Sherwin-Williams)

HAPPY HUES You don't have to paint your walls a crazy shade to take a color risk. Here, a neutral yellow tones down walls and makes room for rich accents in deep plum shades. Mix in an unexpected pop of green, like in the bedroom above, for a springtime twist.

SERENE SCHEME Go with soft purple on walls as a calm backdrop for muted yellow, gray, and purple accents. Or flip wall and accent hues to suit your style. "The beauty of this palette is you can use any of these colors on the walls," David says. ■

Consider black-and-white photographs—they work with any color palette or pattern.



hang that art!

Say so long to boring walls. Here are nine easy tips to get the perfect gallery wall arrangement.

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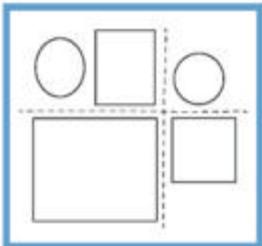


START BIG
Position your largest piece first, then use it to align and center additional pieces.

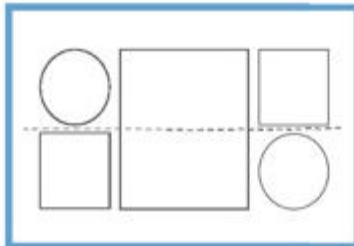


PLAY AROUND

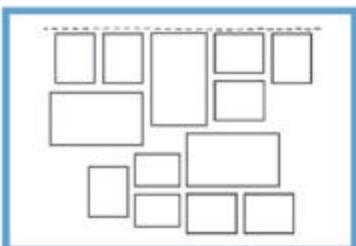
Once you define your space, fill it with your choice of items in any size or shape. Here are some of our favorite arrangements.



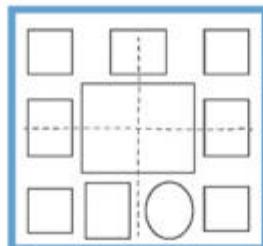
Start with your largest frame, then use the top corner to align additional pieces.



One large item gets a balanced, symmetrical look when flanked by matching shapes.



Align frames across the top or bottom to give a sense of organization to a more random arrangement.



Center the largest frame, then continue to center additional pieces with the frame as well as the boundary. ■

HANG TIME

Eyeballing it seldom works. Try these easy tips instead.

DEFINE YOUR SPACE

Decide how much wall space you want to fill. Is it an entire wall from floor to ceiling or the area above the sofa? Once you decide, use painter's tape to outline the space and kraft paper to trace and cut out the shape of each piece you plan to hang.

COLLECT AND FRAME

Gather all the items you want to display—prints, drawings, and photographs. For a unified look, limit the mix of frame materials. We used metallic and white frames and, when needed, white mats.

DIMENSION + TEXTURE

Mix in non-framed 3-D items to keep arrangements from feeling flat. Think objects on display shelves, an interesting plate, or a woven basket.

Large Palace Blue Rain Basket, \$50; allacrossafrica.org



White frames look more dramatic on dark-hued walls.



The compass app on your smartphone also works as a level to hang pictures straight.



all in time

A creative hand, frequent trips to favorite retail stores, and a whole lot of patience score savings and style in this master bedroom redo.

BY KATHY BARNES | PHOTOS DAVID LAND
STYLING ED GALLAGHER



FURNITURE FACELIFT

For every decorating project, Jen O'Brien starts her shopping at home. That's where she rediscovered a pair of tables she bought years ago. Paint, casters, and a shelf turned each into the perfect bedside table.



AT HOME WITH Jen O'Brien, who writes her blog, City Farmhouse, from her home in coastal New York.

EVERY ROOM NEEDS

"Something old and worn that tells your story."

BUDGET ADVICE "Shop your favorite stores often to learn prices and watch them fall. Be ready to pounce when the price is right."

BEST SOURCES West Elm Outlet, H&M Home, IKEA, World Market, thrift stores.



BETTER ON A BUDGET

Jen updated her bedroom without breaking the bank. Find out how she refreshed her mirror, walls, and nightstands. BHG.com/Jen

WALL POWER

In love with pattern but don't want the commitment of wallpaper? Copy Jen by taping off a geometric design on the headboard wall. Use the same background paint color on the other walls for continuity.

HEAD START

For \$65 in materials and her time, Jen refreshed her old upholstered headboard, ripping the shabby chenille covering apart to create a pattern for making the new linen cover.

BUDGET BASICS

Jen picked up an upholstered bench at HomeGoods and bought a burlap bed skirt on sale at Ballard Designs to anchor the bed. She can keep the setting quiet with neutral bedding or wake it up with patterned pillows.

I 

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Bruschetta Bar

WHAT'S *gaby* COOKING

Great recipes and tips from
Better Homes and Gardens' Contributing
Food & Lifestyle Editor, GABY DALKN.

What's Gaby Cooking is all about fun, fresh, and California-girl inspired cooking. Part of being a California girl is using fresh, accessible ingredients that you can turn into flavorful combinations and use for entertaining of any kind! Whether it's for a cocktail hour or a casual gathering, this **Bruschetta Bar** is currently my favorite way to feed a crowd!

You need a few simple recipes like this

Basil Vinaigrette,
Tomato Confit, Pea Pesto, a variety of cheeses and a few charcuterie items!

Everything can be prepped ahead of time so when your guests arrive all that's left to do is build your own Bruschetta topping! How easy and fun is that?

Head on over to *What's Gaby Cooking* for the full line up of what to serve, along with the recipes, when hosting your next Bruschetta Bar soirée!

Photo Credit: Matt Armendariz

www.whatsgabycooking.com

home | decorating

“Shop your house for an item that can be used in a fresh way. You already know you like it, and it won’t cost you anything!” **Jen O’Brien**



INSTANT OFFICE

Jen's husband works from home, often retreating to the master bedroom. This work spot has an inspiring view and a \$200 high-style desk—Jen's biggest splurge. Just add laptop!

SKIP THE ROD

Curtain panels (\$22 each at a Restoration Hardware outlet) hang from rope threaded through eye bolts and pulled taut. The big finish? Cleats hold the rope ends in place. ■

For complete buying information: BHG.com/Resources



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share the love

Whip up a few handmade Valentine's Day gifts with some help from Natalie Chanin, the creative mind behind the sustainable fashion company Alabama Chanin.

WRITTEN AND PRODUCED BY AMY PALANJIAN
PHOTOS ROBERT RAUCH



These cards look amazing, but they're surprisingly simple to make with crafts paint, downloadable stencils, embroidery floss, and anyone-can-do-it sewing techniques. Get free templates: BHG.com/FebCrafts

GREEK GONE CHIC



I'm married to a Greek whose parents came here in their 20s. Needless to say, he grew up eating a lot of good food—his mother makes a Greek-style roast with crispy potatoes that's absolutely unforgettable.

OPA!

While I usually don't try to compete, this Greek potato casserole is a worthy tribute. It's got a fresh lemony-oregano flavor with Kalamata olives and feta. The potatoes are the star of this dish, but there's a bit of shredded chicken mixed in too. I think my mother-in-law would approve.

—Gina, Running to the Kitchen

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THERE'S A DIFFERENT KIND OF LOVE IN THE MAKING

this Valentine's Day. We're talking about DIY with—and for—friends. The inspiration comes from Natalie Chanin, *right*, founder of Alabama Chanin, a company in Florence, Alabama, known for its hand-sewn, organic cotton clothing and its hand-crafting workshops, including a monthly sewing circle. "We share techniques, help one another, tell stories," Natalie says. "To me, the beauty of a quilt or a dress lies within the stitches and the thought of the person who made them." Same goes for the beauty of an embellished card, tea towel, or journal. So embrace your personal style, pick up some cardstock, kraft paper, notebooks, jersey cotton, and thread—and get making.



"When you spend time making something with your two hands, you impart love in a way that buying something never can."

Natalie Chanin



A strip of cotton becomes a one-of-a-kind tea towel, *far left*, with designs made using a simple straight whipstitch. Cluster stitches in a starburst, or attach contrasting stripes of fabric.

Quick add-ons, *left*, personalize a plain journal: Tie a series of knots in a piece of jersey and wrap it around the notebook. Or stitch a length of fabric and pull ends of thread to ruffle.

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**FREE
CRAFTING KIT**

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BHG.com/FebCrafts

Turn ordinary cardstock into personalized notes, above, by writing a favorite word and backstitching over it with embroidery floss. Add a knot between each stitch for more dimension. Beaded cards, right, are just as impressive—and easy! Prepunch holes around the edge of a card, then run thread through the diamond pattern, attaching bugle beads as you go. Get the pattern in our free crafting kit. ■



**MAKE IT
YOURS**

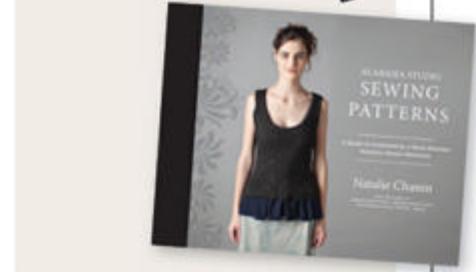
Love these ideas? Here are more ways to get the Alabama Chanin look.

DIY SEWING KITS include everything you need for a hand-sewn project—fabric, thread, and stencils. Make your own top, skirt, dress, apron, quilt, and more.

SCHOOL OF MAKING workshops offer a range of instruction on hand-sewing, stenciling, and indigo-dyeing.

NATALIE'S NEW BOOK, *Alabama Studio Sewing Patterns*, will be out this spring. It's available for preorder now.

FOR MORE INFO or to order kits, books, or clothing: alabamachanin.com



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/ FEBRUARY /



PHOTO: KATE SEARS; STYLING: JOE MAER

ROWHOUSE REDUX

A young couple
freshens up a
historic home in
Washington, D.C.

614



WRITTEN AND PRODUCED BY CHARLOTTE SAFAVI
PHOTOS HELEN NORMAN
STYLING JESSICA THOMAS

Kathryn and Ron Ivey upped the curb appeal of their rowhouse, opposite, with new window boxes, a stone walkway, and a wrought-iron fence. The foyer introduces Kathryn's style, which is equal parts tradition (the Afghan carpet and blue-and-white ceramics) and whimsy (penny tiles spelling out the house number).



A vented box
hides the
radiator and
makes a handy
hall shelf.



Ialk about sweat equity. For Kathryn and Ron Ivey, fixing up their Washington, D.C., house meant weekends spent swinging sledgehammers and hauling away three layers of flooring. "We literally put our blood, sweat, and tears into this house," says Kathryn, who even put a leg through the basement ceiling when she accidentally stepped in a hole where an old vent had been.

What made it all worth it? In a word, bones. The 1890s rowhouse in the coveted Capitol Hill neighborhood has huge windows, 10-foot-high ceilings, architectural details galore, and a finished English basement (a studio apartment with a separate entry) that's perfect for Kathryn's interior design office. The couple further accentuated the positives by refinishing the original wood floors and widening doorways.

For the decorating, Kathryn took what you could call a black-and-white approach. White walls and black trim make a crisp backdrop for a mix of traditional furniture; intense hits of fuchsia, teal, and red; and bold patterns used in high-impact spots like the living room's round ottoman. "I grew up in the South, so traditional style is in my blood, but I wanted to interject a youthful, fresh twist," Kathryn says. Mission accomplished.



"We wanted a warm,



LESS IS MORE
When a mantel is one too many horizontal lines, it's OK to skip it.



Kathryn and Ron were thrilled to find a brick fireplace behind layers of plaster. They added built-in shelves to store books and logs and to disguise an unsightly radiator. Kathryn pulled juicy colors from the upholstered ottoman for pillows and throws that liven up her traditional furniture, which is pulled into a cozy grouping.

approachable place that's also playful.”
Kathryn Ivey

"We knew this house could become a **beautiful**, warm home



Black paint highlights the architectural details.

with a lot of elbow grease."

Kathryn Ivey

In the dining room, left, contrasts in color and style make a traditional space look modern. The striped rug and sleek black chairs set off the humble wood farm table, and an oversize wrought-iron chandelier from Wisteria stands out against white walls. In the kitchen, below, replacing oak cabinets with shelves and a

subway tile backsplash lightened up what had been a dreary room. Dark grout and countertops continue the black-and-white theme. A marble-topped table from Crate & Barrel, right, is food-prep surface, serving space, and breakfast spot. The shelf below holds kitchen appliances and serving pieces.



In the master bedroom, opposite, Kathryn mixes masculine elements like the black nightstands and a tailored headboard with more feminine hummingbird wallpaper and lavender Roman shades. The vanity, this page, was a \$10 garage sale find. Its curvy lines and ornate hardware are modernized by a chair in fearless red. ■







branches in bloom

Speed up spring!
Coax cuttings of
flowering trees and
shrubs into early
performances
indoors.

BY JANE AUSTIN MILLER
PHOTOS KATE SEARS
STYLING JOE MAER



A photograph showing two teal-colored ceramic vases on a dark, textured surface. The vase on the left contains a branch with pink cherry blossoms. The vase on the right contains a branch with bright yellow-green dogwood flowers. Both vases are partially cut off by the top edge of the frame.

Late-winter trimmings
of flowering cherry,
(opposite), plum (left),
and dogwood (below)
will bloom within three
weeks indoors.

It's perfectly nice to fool Mother Nature. A gentle nudge from springlike warmth indoors awakens freshly cut branches into precocious blooming. (Most spring-flowering species require only six weeks of beauty sleep, anyway.) **What a breath of fresh air.**



Branches. Vessels. Water.
The three simple elements in this
mood-boosting scene.
Shake off winter's chill
and usher in some
long-awaited
spring life.



Cut long branches of
flowering quince for a
tall pitcher. Float small
side shoots of saucer
magnolia in a bowl.

FORCE OF NATURE

Persuading plants to flower out of season is known as forcing. Whether you trim branches from your yard or buy them from a florist, here's how to get the most bang from the blooms:

BUNDLE UP Do your pruning on a mild, late-winter day. Branches are more pliable when temperatures are above freezing. Most spring bloomers form flower buds on the previous season's growth.

BE SELECTIVE Look for crowded branches that are no more than $\frac{1}{2}$ inch in diameter, with numerous round, plump flower buds. Thinning these out won't disfigure the plant.

PREP BRANCHES Submerge branches in tolerably hot tap water, and recut at an angle. Next, place them in a bucket of water with floral preservative. To ease the transition indoors, store in a cool, dimly lit area like a porch or garage. (Ready-to-bloom florist branches can go directly into arrangements.)

WATCH THEM POP When buds begin to swell, bring branches indoors. Set arrangements in a bright area away from direct sunlight and heating vents. Change water daily.

FORSYTHIA

What conveys "Spring is here!" more cheerfully than an explosion of yellow blooms? To maintain this shrub's classic vase shape, cut or buy generous lengths of arching branches to display in a large vessel.



**FLOWERING DOGWOOD***(Cornus florida)*

No need to miss out on this Southern favorite if you live in a cold region. Branches are available at many floral shops in March and April.

**SAUCER MAGNOLIA***(Magnolia x soulangeana)*

Fuzzy buds on gnarled twigs provide a compelling preview to the silken, tulip-shape blooms. Stage a scaled-down tree indoors with long, crooked branches, or cradle a tip or two in a low dish.

PLUM (*Prunus*)

Straight branches bursting with pink blooms offer versatility in displays. Arrange long cuttings in a tall vase on the mantel or a cluster of shorter sprigs in a jar to bring life to a kitchen.



Blooming branches satisfy a visceral need for organic color and fragrance in late winter. The landscape might still be frozen, but indoors, the **spirit of spring** is alive and thriving.



FLOWERING QUINCE

(*Chaenomeles* hybrids)

Don't let preconceived notions of prickly brambles stop you from arranging quince branches indoors. New varieties are thornless.



FLOWERING CHERRY

(*Prunus* hybrids)

Double-flowered varieties, such as Kwanzan, last longer in a vase than single-bloom types. Contrasting bronze leaves open simultaneously.



CORNELIAN CHERRY

(*Cornus mas*)

Sunny yellow blooms chase away the grays of late winter. Cut long, multistem branches of this shrubby dogwood to the ground—they're covered with flower buds from top to bottom.

REDBUD

(*Cercis canadensis*)

Clusters of magenta buds open to lavender pink along the length of branches. Bunch several long cuttings or poke a few twigs among branches with jumbo blooms, such as magnolia. ■



Clip branches of this eager bloomer in February, before buds fatten up.



OFF THE SHELF & INTO THE HOME



BY KELLY KEGANS | PRODUCED BY DAISY MITCHELL AND KIM SAUVAGEOT
PHOTOS KIM CORNELISON

The design mavericks at Honeyshine—a cool, quirky Minneapolis home decor shop—show us how to take one great object and give it distinctly different personalities at home.



RIJKSMUSEUM AMSTERDAM - BY HERMINE VAN GULDENER

FAUVISM

THE CROSS ON THE DRUM

The Chicago Symphony Orchestra
LIFE GOES TO THE MOVIES

OFF THE SHELF

TERRARIUM

"We love that it looks like a giant pill," Daisy says of the glass and ceramic container. "We strive for a bit of humor and mystery in the products we offer."



MEET KIM SAUVAGEOT

MY STYLE

I have an eclectic approach to both fashion and decor. I like to build different looks around a single item.

ALWAYS IN MY HOME

I try to have some sort of plant life—fresh flowers, succulents, orchids—all around the house.

INSPIRATIONS

I love the architecture, colors, and aesthetic in many areas of Vietnam.

BIGGEST DECORATING DISASTER

Spring of 1998. I painted the bedroom in my New York apartment school bus yellow. Need I say more?

INTO THE HOME KIM ➤

Sitting on a vintage-style buffet in Kim's living room, the terrarium with an orchid inside encapsulates a few of her favorite things—nature, and clean lines in a warm setting.



"I'm in awe of (filmmaker) Wes Anderson's use of color and unusual eclectic mix of decor. I don't want to actually live in his film set, but I love that everything is so random, yet very intentional and humorous."

Kim Sauvageot



INTO THE HOME DAISY

Always the collector, Daisy playfully elevates pieces, including this ceramic urchin sitting on a bed of bright green moss in her terrarium. "I'm known for rescuing random objects. I don't throw anything away," she says.



MEET DAISY MITCHELL

MY STYLE I'm an artist (painter) and a bit of a risk taker. My house is kind of a lab where I experiment. I also love to collect things, from rocks to vintage glass bottles.

BACKGROUND We moved around a lot when I was growing up, so I'm super comfortable with change, meeting new people, living in different houses, and starting over.

I LOVE THE IDEA that objects can carry memories and have emotional links. The most interesting objects in my house have some sort of nostalgia associated with them.

— OFF THE SHELF —

TEARDROP VASE

Simple ceramics play a starring role in arrangements that feel like works of art.

INTO THE HOME
KIM >

Kim doesn't let the vase's hanging design limit her options. Off the wall, it looks serene among similar white ceramic vessels clustered on wooden slabs.



"I like to combine objects and artifacts in unexpected ways to create curiosity and some dialogue." **Daisy Mitchell**

NEW + VINTAGE MASH-UP

At Honeyshine, the team curates a collection of new home and design goods along with one-of-a-kind vintage pieces. Here's how they do it—and how you can hone your eye to find meaningful objects for your home:

KIM SAYS We collect items for the shop in the same way that you might bring a new item into your home. We think about how the old and new can come together in a way that we see both with a renewed perspective.

DAISY SAYS At estate sales, we try to focus on just seeing what's there, outside of context. Otherwise, you walk in and all you see is the hideous plaid brown couch, and you might miss the amazing lamp in the corner.



Daisy creates her own textural tableau to illustrate the power of contrasts: The white ceramic pot hangs alongside larger-scale wooden, glass, and rope-covered vessels from wall hooks painted gold.



Honeyshine's must-carry inventory includes an array of barware—new and vintage. "Entertaining doesn't have to be fancy," Kim says, "but it should be intentional."



CAN-DO DECANTERS

Vintage decanters look great on display even when they're not in use.

RETHINK, REUSE

Daisy nabbed this 1950s ice bucket on eBay. It also comes in handy as a flower container.

team honeyshine

Meet the four partners behind the shop, left to right: Kim; Kim's husband, Adam Braun; Jamie Scherle; and Daisy. As Jamie explains it, their mission is to encourage customers to try something new at home and take a risk now and then. "We aren't in the design business to tell people what to like," she says. "We're in it to help figure out what people already know about their style and develop those ideas." honeyshine.net ■



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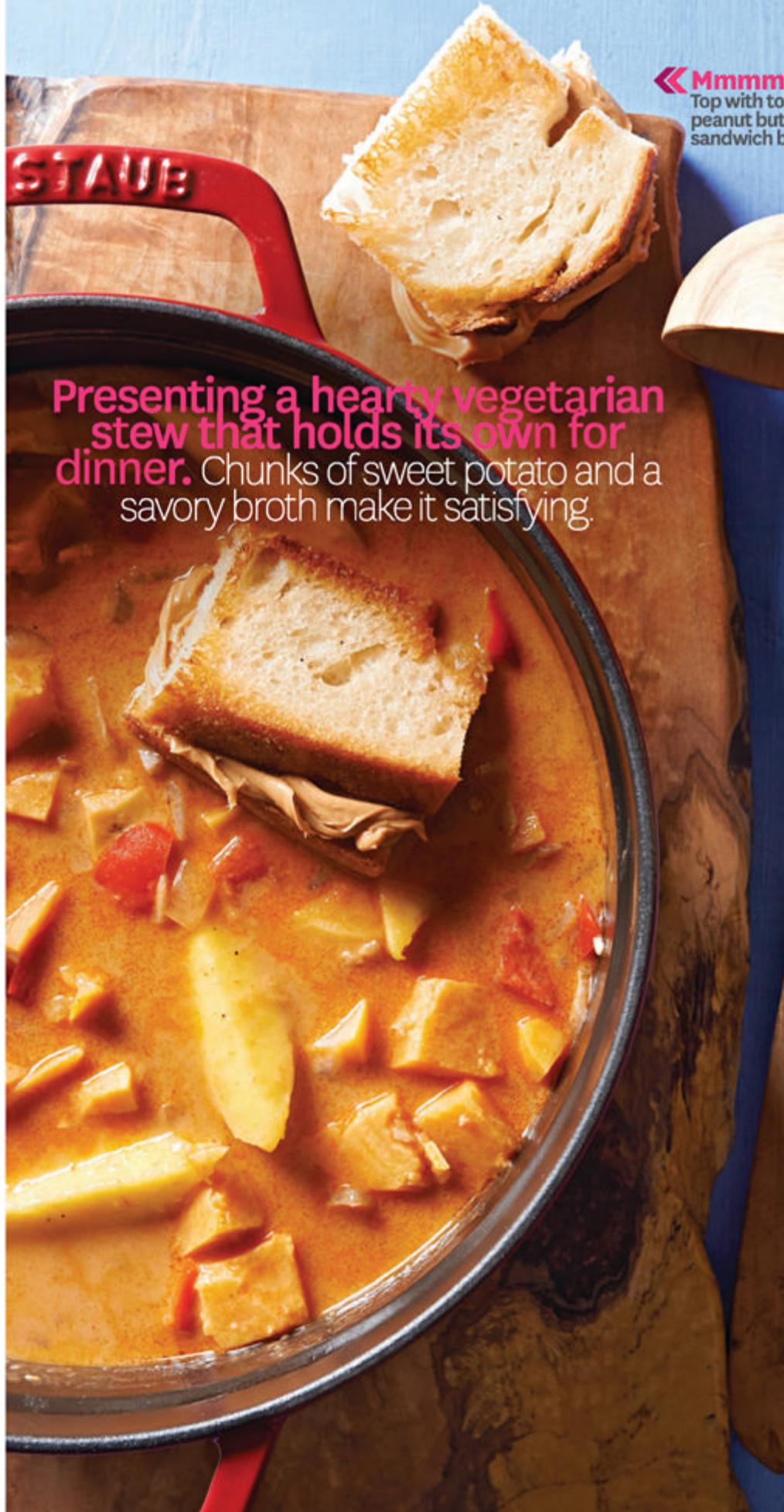


HOT POTS

ladle up some love!

Let's think of cold weather as an opportunity to cozy up with a steaming stew. Here are one-pot wonders to warm you up fast.

BY HALI RAMDENE | RECIPES DAVID JOACHIM
PHOTOS ANDY LYONS | PRODUCED BY NANCY WALL HOPKINS
FOOD STYLING LIBBIE SUMMERS



Mmmm!
Top with toasted
peanut butter
sandwich bites.

**Presenting a hearty vegetarian
stew that holds its own for
dinner.** Chunks of sweet potato and a
savory broth make it satisfying.

SWEET POTATO PEANUT STEW

- 2 Tbsp. canola oil
- 2 red sweet peppers, chopped
- 1 large onion, chopped
- 6 cloves garlic, minced
- 2 Tbsp. grated ginger
- 1 tsp. ground allspice
- 2 lbs. sweet potatoes, peeled and chopped
- 4 cups vegetable broth
- 1 6-oz. can tomato paste
- 1 14-oz. can coconut milk
- 1 cup peanut butter

HEAT canola oil in a 4- to 6-qt. Dutch oven over medium heat.

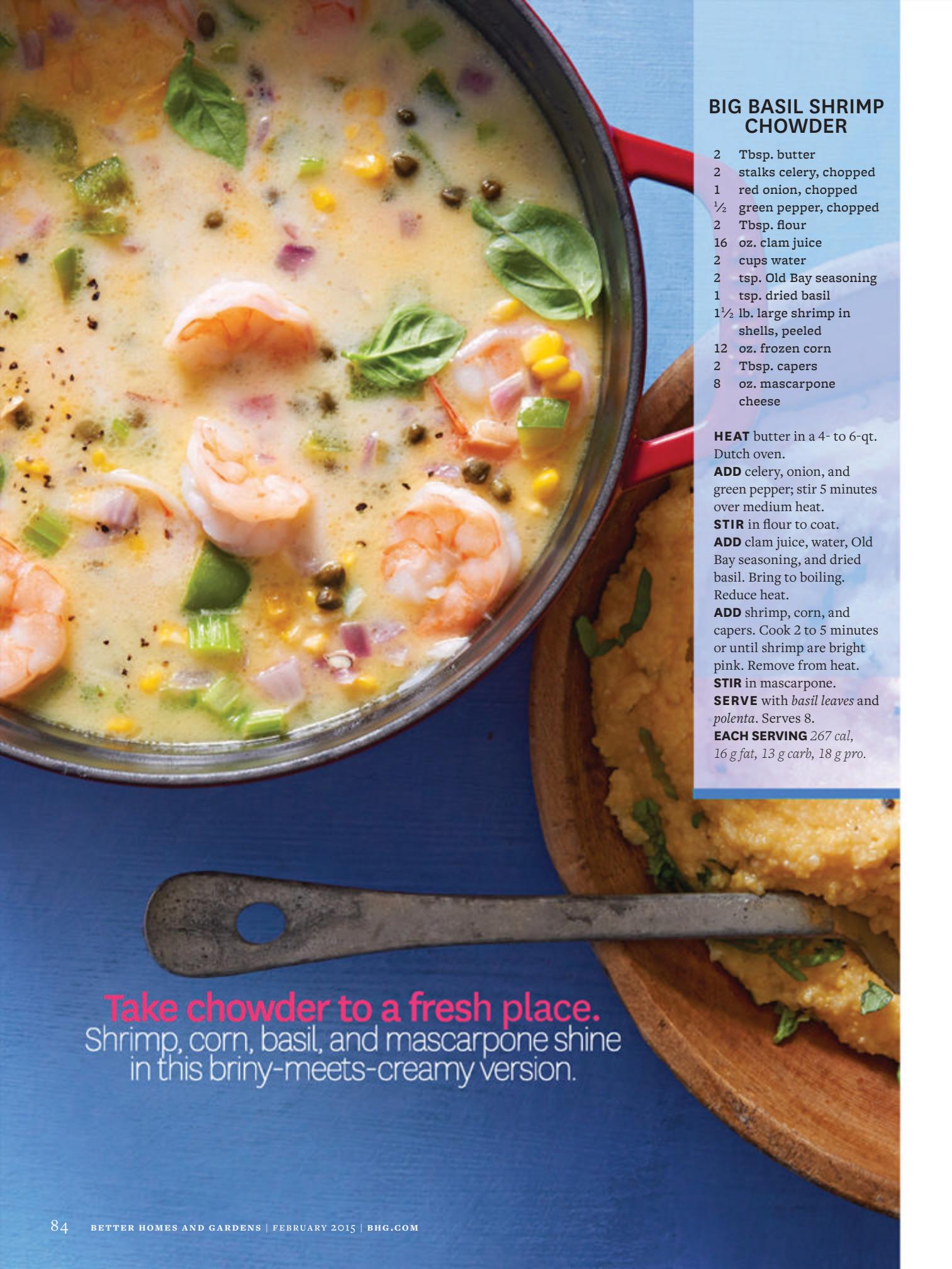
ADD red peppers, onion, garlic, ginger, allspice, and a pinch of *cayenne pepper*, if desired; cook 5 minutes.

ADD potatoes, broth, and tomato paste; bring to boiling. Simmer, covered, 40 minutes.

WHISK together coconut milk and peanut butter until smooth. Stir into stew. Simmer 5 minutes.

TOP with *mango slices* and *toasted peanut butter sandwich bites*. Serves 8.

EACH SERVING 457 cal,
28 g fat, 43 g carb, 12 g pro.



BIG BASIL SHRIMP CHOWDER

- 2 Tbsp. butter
- 2 stalks celery, chopped
- 1 red onion, chopped
- $\frac{1}{2}$ green pepper, chopped
- 2 Tbsp. flour
- 16 oz. clam juice
- 2 cups water
- 2 tsp. Old Bay seasoning
- 1 tsp. dried basil
- 1 $\frac{1}{2}$ lb. large shrimp in shells, peeled
- 12 oz. frozen corn
- 2 Tbsp. capers
- 8 oz. mascarpone cheese

HEAT butter in a 4- to 6-qt. Dutch oven.

ADD celery, onion, and green pepper; stir 5 minutes over medium heat.

STIR in flour to coat.

ADD clam juice, water, Old Bay seasoning, and dried basil. Bring to boiling. Reduce heat.

ADD shrimp, corn, and capers. Cook 2 to 5 minutes or until shrimp are bright pink. Remove from heat.

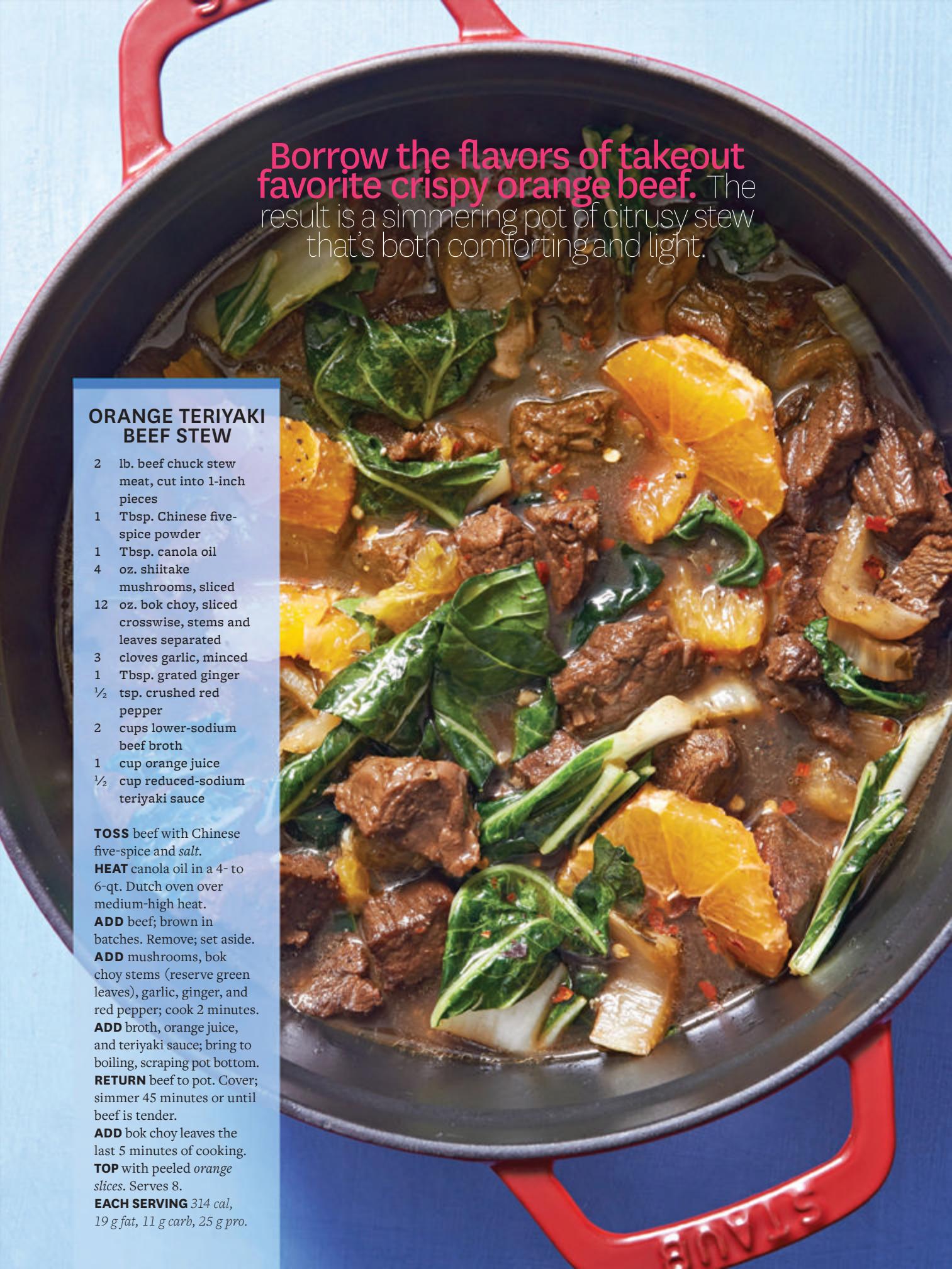
STIR in mascarpone.

SERVE with basil leaves and polenta. Serves 8.

EACH SERVING 267 cal,
16 g fat, 13 g carb, 18 g pro.

Take chowder to a fresh place.

Shrimp, corn, basil, and mascarpone shine in this briny-meets-creamy version.



Borrow the flavors of takeout favorite crispy orange beef. The result is a simmering pot of citrusy stew that's both comforting and light.

ORANGE TERIYAKI BEEF STEW

- 2 lb. beef chuck stew meat, cut into 1-inch pieces
- 1 Tbsp. Chinese five-spice powder
- 1 Tbsp. canola oil
- 4 oz. shiitake mushrooms, sliced
- 12 oz. bok choy, sliced crosswise, stems and leaves separated
- 3 cloves garlic, minced
- 1 Tbsp. grated ginger
- ½ tsp. crushed red pepper
- 2 cups lower-sodium beef broth
- 1 cup orange juice
- ½ cup reduced-sodium teriyaki sauce

TOSS beef with Chinese five-spice and *salt*.

HEAT canola oil in a 4- to 6-qt. Dutch oven over medium-high heat.

ADD beef; brown in batches. Remove; set aside.

ADD mushrooms, bok choy stems (reserve green leaves), garlic, ginger, and red pepper; cook 2 minutes.

ADD broth, orange juice, and teriyaki sauce; bring to boiling, scraping pot bottom.

RETURN beef to pot. Cover; simmer 45 minutes or until beef is tender.

ADD bok choy leaves the last 5 minutes of cooking.

TOP with peeled *orange* slices. Serves 8.

EACH SERVING 314 cal,
19 g fat, 11 g carb, 25 g pro.



Everything you love about gumbo, now with a smoky whisper of paprika. Spanish chorizo subs for andouille, and crisp-tender rings of okra remain at its heart.

CHICKEN CHORIZO GUMBO

- 8 oz. Spanish chorizo, thinly sliced
- 12 oz. okra, sliced, or 2 cups frozen cut okra
- 2 stalks celery, chopped
- 1 green pepper, chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- ½ cup canola oil
- ½ cup all-purpose flour
- 4 cups reduced-sodium chicken broth
- 2 14½-oz. cans stewed tomatoes, undrained
- 12 oz. skinless, boneless chicken thighs
- 1 Tbsp. smoked paprika

COOK chorizo in a 4- to 6-qt. Dutch oven over medium heat until a thin layer of fat forms. Transfer chorizo to a bowl.

ADD okra, celery, green pepper, onion, and garlic; cook and stir 10 minutes. Place in bowl with chorizo.

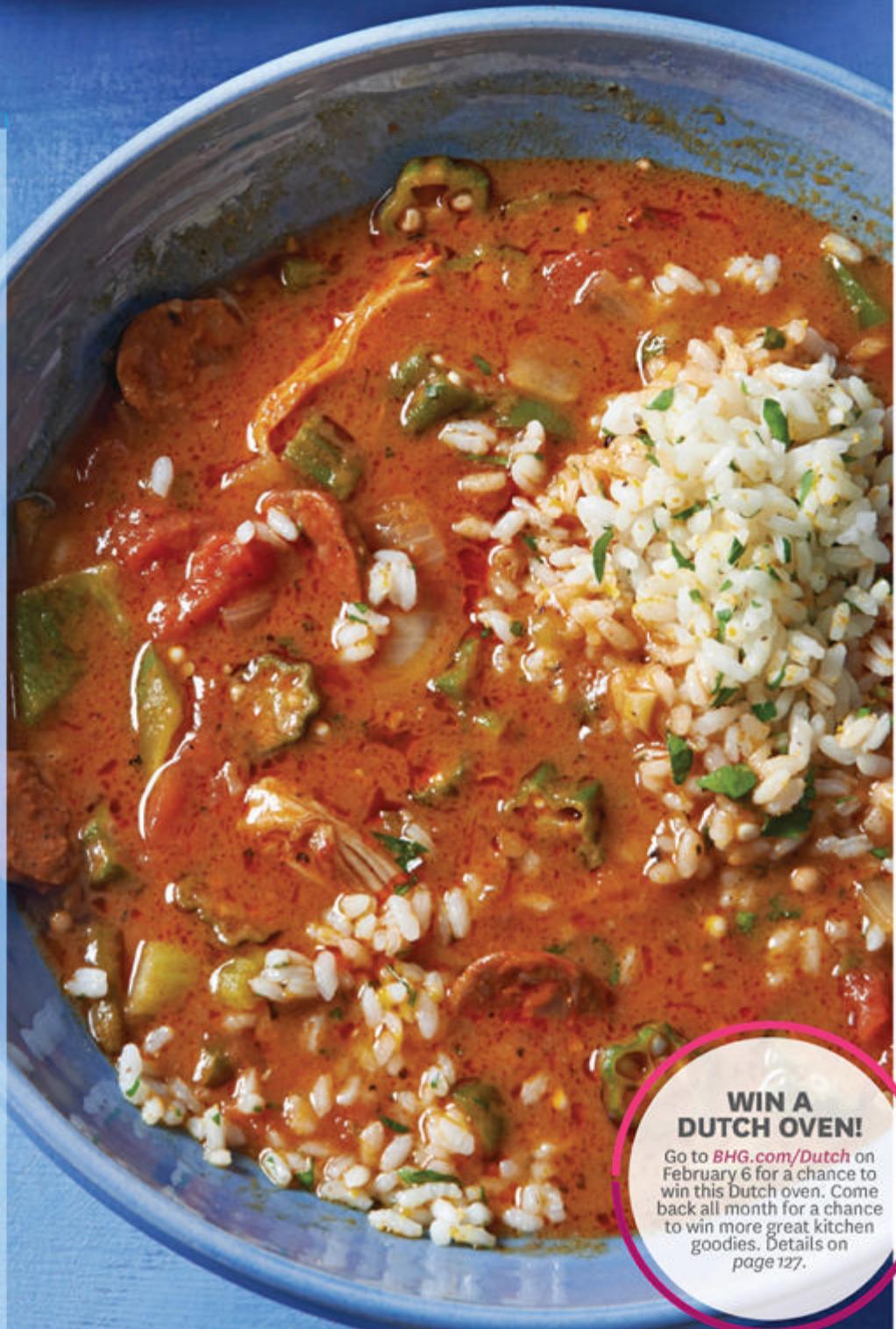
ADD canola oil to pot. Whisk in flour until mixture thickens and turns a medium brown, about 6 minutes. Whisk in broth.

ADD tomatoes, reserved chorizo and vegetables, chicken, and paprika. Bring to boiling. Simmer gently, uncovered, 45 minutes.

REMOVE chicken; cool. Shred with a fork. Return to pot. Heat through.

SERVE over prepared white rice. Serves 8.

EACH SERVING 401 cal,
28 g fat, 19 g carb, 20 g pro. ■



WIN A DUTCH OVEN!

Go to BHG.com/Dutch on February 6 for a chance to win this Dutch oven. Come back all month for a chance to win more great kitchen goodies. Details on page 127.



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Great Meals CAN COME FROM *what's* ON HAND

It can be a tall order to create a balanced meal with only what's in your kitchen. It's a similar challenge we all face working to sustainably grow enough food for a growing population. That's why we work with others to develop a wide range of solutions, some of which help farmers use fresh water more efficiently, allowing them to get the most out of a raindrop. It's time for a bigger discussion about food.

Be part of the conversation at Discover.Monsanto.com

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DIG A Little DEEPER

Feeding Future Generations

VOL.2 SUSTAINABILITY

Our planet is our most precious natural resource. And the number of people who inhabit it is expected to rise significantly over the next fifty years. Since a growing population means growing demand for natural resources, it's time to look ahead and discuss ways to make a balanced meal more accessible for all. Here are some of the innovative things being done to ensure the world will have enough nutritious food to eat not just today, but tomorrow.

Today's steps toward a better tomorrow:

- 1** A good harvest depends on many things, including the right conditions to grow. Our planet faces many challenges, from climate change to soil quality, and experts are working together to develop solutions to help farmers ensure better harvests, while using natural resources more efficiently.
- 2** Plants need water, so conserving this precious natural resource is a priority. Experts are tapping into ways to use water more efficiently in agriculture, such as utilizing sensors to measure moisture levels in soil and reduce runoff. This will enable the water supply to go further.
- 3** Would you believe satellite technology is also helping farmers grow crops more efficiently? Images taken from space provide farmers the data to be more precise about the amount of seeds, water and fertilizer they will need on every acre of farmland, to grow food more sustainably.
- 4** Ensuring soil health is also key: when soil is well-nourished, it provides nutrients that help plants thrive, absorbs rainwater for use during drier periods, and filters potential pollutants. Efforts are underway to improve soil health, with the goal of helping farmers have better harvests.



Food for thought:

842 MILLIONpeople in the world
don't have enough food.

In order to feed our growing population, global food production will need to increase by **70% BEFORE 2050.**

Over the next **50 YEARS,** farmers will need to produce more food than has been produced during all human history.



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*Per 3.5 oz portion. Contains 200mg of ALA per 56g serving, which is 15% of the daily value for ALA (1.3g).

food

brownies

Oh, fudge! These ooey-gooey temptations from Matt Lewis and Renato Poliafito of NYC's Baked are worth every indulgent bite.

BY MAGGIE GLISAN | PHOTOS ANDY LYONS
FOOD STYLING LIBBIE SUMMERS

SWEET & SPICY
BROWNIE BITES
Recipe on page 96

“Good-quality chocolate and dark cocoa powder make humble brownies all the more rich and decadent.”

Matt Lewis

Deep Dark Chocolate Brownies

PREP 25 min. BAKE 25 min.

1½ cups all-purpose flour
2 Tbsp. unsweetened cocoa powder
1 tsp. kosher salt
11 oz. quality dark chocolate (60–72 percent cacao), coarsely chopped
1 cup unsalted butter, cut into 1-inch cubes
1 tsp. instant espresso coffee powder
1½ cups granulated sugar
½ cup packed light brown sugar
5 eggs, room temperature
2 tsp. vanilla
1 recipe Chocolate Ganache (*below right*, optional)

1. Preheat oven to 350°F. Butter sides and bottom of a 3-qt. baking dish or 13×9×2-inch baking pan; set aside.
2. In a medium bowl whisk together flour, cocoa powder, and salt; set aside.
3. Place chocolate, butter, and espresso powder in a large heatproof bowl. Set over a pan of barely simmering water (bottom of bowl should not touch water). Heat and stir until chocolate and butter are melted and combined.

Remove from heat, keeping bowl over water. Add sugars; whisk until completely combined. Remove bowl from water. Let cool to room temperature.

4. Add 3 eggs to chocolate mixture; whisk until just combined. Add remaining eggs; whisk until just combined. Add vanilla; stir until combined.
5. Sprinkle flour mixture over chocolate mixture. Using a spatula (not a whisk), fold until just a trace amount of flour mixture is visible.
6. Pour into prepared dish; smooth top with spatula. Bake 25 to 30 minutes or until a toothpick inserted near center comes out with a few moist crumbs, rotating pan halfway through. Cool on wire rack. Top with Chocolate Ganache, if desired. Makes 24 brownies.

EACH BROWNIE 240 cal, 14 g fat, 59 mg chol, 100 mg sodium, 30 g carb, 1 g fiber, 3 g pro.

Chocolate Ganache Place 6 oz. coarsely chopped *dark chocolate* in a heatproof bowl. Heat ½ cup *heavy cream* in a saucepan over medium heat just until bubbles form around edge; pour over chocolate. Let sit 1 minute. Whisk until smooth. Pour over cooled brownies. Spread into an even layer. Let sit 10 minutes. Refrigerate 15 minutes to set.



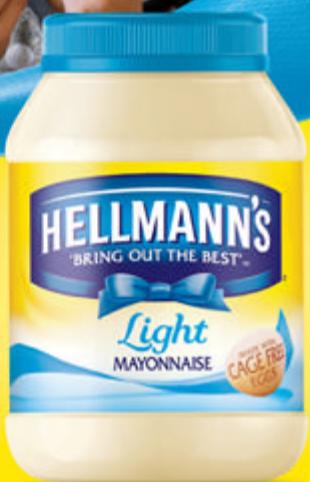
Matt and Renato's
secrets to brownie
success on page 97.





Here's to America's best tasting light mayo!

Hellmann's³ Light won a national blind taste test of leading brands among people with a preference. With only 35 calories per tablespoon, it's so good most people can't tell the difference versus regular mayo. #CantTellItsLight





Raspberry Swirl Brownies

PREP 25 min. BAKE 25 min.

- 1 cup fresh raspberries
- 1¼ cups all-purpose flour
- 2 Tbsp. unsweetened cocoa powder
- 1 tsp. kosher salt
- 11 oz. quality dark chocolate (60–72 percent cacao), coarsely chopped
- 1 cup unsalted butter, cut into 1-inch cubes
- 1 cup granulated sugar
- ½ cup packed light brown sugar
- 5 eggs, room temperature
- 1½ tsp. vanilla

1. Preheat oven to 350°F. Butter sides and bottom of a 3-qt. baking dish or 13×9×2-inch baking pan.

2. Place raspberries in a food processor; blend until smooth. If desired, strain puree to remove seeds. Set puree aside. In a medium bowl whisk together flour, cocoa powder, and salt; set aside.

3. Place chocolate and butter in a large heatproof bowl. Set over a pan of barely simmering water (bottom of bowl should not touch water). Heat and stir occasionally until chocolate and butter are melted and combined. Remove from heat, keeping bowl over water. Add sugars; whisk until completely combined. Remove bowl from water. Let cool to room temperature.

4. Add 3 eggs to chocolate mixture; whisk until just combined. Add remaining eggs; whisk until just combined. Add vanilla; stir until combined.

5. Sprinkle flour mixture over chocolate mixture. Using a spatula (not a whisk), fold until just a trace amount of flour mixture is visible.

6. Pour mixture into prepared pan. Smooth top with spatula. Drizzle raspberry puree over batter. Swirl in with a knife. Bake 25 to 30 minutes or until a toothpick inserted near center comes out with a few moist crumbs, rotating pan halfway through. Cool on wire rack. Makes 24 brownies.

EACH BROWNIE 224 cal, 12 g fat, 36 mg chol, 89 mg sodium, 29 g carb, 2 g fiber, 3 g pro.

VALENTINE'S DAY FROM A TO V!

Our sweetest DIY gift ideas and more.

BHG.com/SweetHeart

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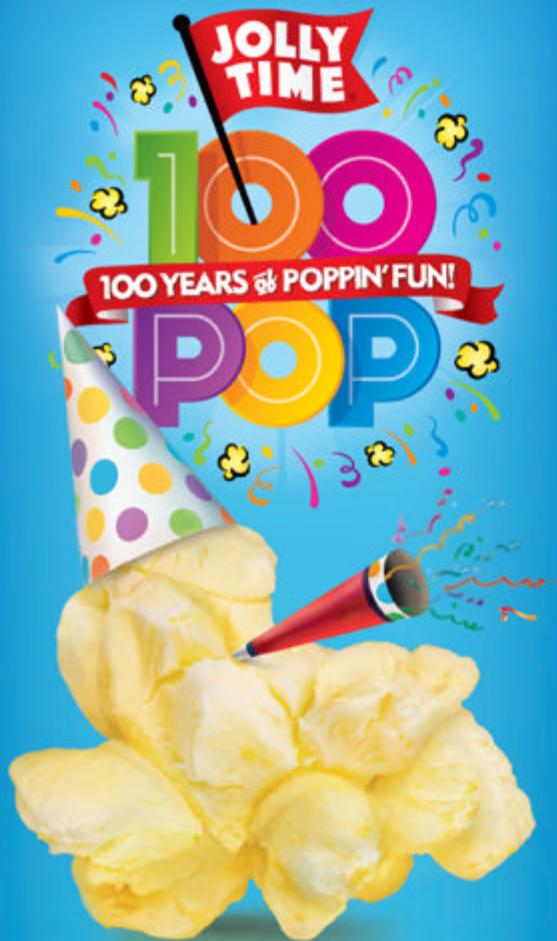
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^"Symphony Health Solutions ProVoice™ Survey, Jan. 2005-Mar. 2014. ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014

**P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014

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Oh Yum!



jollytime.com

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Sweet & Spicy Brownie Bites

Matt and Renato like to combine freshly grated ginger and fruity, smoky ancho chile powder to create the subtle spiciness in this brownie.

PREP 25 min. BAKE 30 min.

1½ cups all-purpose flour
2 Tbsp. unsweetened cocoa powder
4 tsp. ground ancho chile powder
1 tsp. ground cinnamon
½ tsp. kosher salt
½ tsp. freshly grated ginger
9 oz. quality dark chocolate (60–72 percent cacao), coarsely chopped
1 cup unsalted butter, cut into 1-inch pieces
1¼ cups granulated sugar
½ cup packed light brown sugar
5 eggs, room temperature

- Preheat oven to 350°F. Butter sides and bottom of a 3-qt. baking dish or 13×9×2-inch baking pan.
 - In a medium bowl whisk together flour, cocoa powder, chile powder, cinnamon, salt, and grated ginger; set aside.
 - Place chocolate and butter in a large heatproof bowl. Set over a pan of barely simmering water (bottom of bowl should not touch water). Heat and stir occasionally until chocolate and butter are melted and combined. Remove from heat, keeping bowl over water. Add sugars; whisk until completely combined. Remove bowl from water. Let cool to room temperature.
 - Add 3 eggs to chocolate mixture; whisk until just combined. Add remaining eggs; whisk until combined.
 - Sprinkle flour mixture over chocolate mixture. Using a spatula (not a whisk), fold until just a trace amount of flour mixture is visible.
 - Pour mixture into prepared dish. Smooth top with spatula. Bake 30 minutes or until a toothpick inserted near center comes out with a few moist crumbs, rotating pan halfway through. Cool on wire rack. Sprinkle with additional *cocoa powder* and *ancho chile powder*, if desired. Makes 48 brownies.
- EACH BROWNIE 110 cal, 6 g fat, 30 mg chol, 29 mg sodium, 13 g carb, 1 g fiber, 1 g pro.



MORE FROM BAKED

In their fourth and latest cookbook, *Baked Occasions* (Abrams, \$35), Matt and Renato share desserts to celebrate holidays all year long. You can visit them at their Brooklyn bake shop, or at their second storefront, which opened in Tribeca in November. bakednyc.com

The secret to gooey, fudgy brownies is a gentle touch—resist the urge to overstir, overbeat, or overbake.



SET UP A DOUBLE BOILER "It's really easy to burn chocolate," Matt says. "A double boiler uses indirect heat to gently melt the chocolate."



AVOID OVERBEATING If you overmix, the brownies will be tough. One of Renato's tricks: "Room-temp eggs are easier to incorporate."

FAST & EFFICIENT

To quickly incorporate the eggs without overstirring, switch to a whisk.



FOLD IN THE DRY "Your eyes and a spatula are your best tools," Renato says. "Stop when there's still a trace amount of flour and cocoa visible."



DON'T OVERRAKE "Insert a toothpick at a 45-degree angle and remove," Matt says. "A bit of clinging cooked batter is a good sign." ■



easy dinner picky kids no time to shop HELP



GET YOUR BETTY ON

Impossibly Easy Cheeseburger Pie how-to at bisquick.com



WEEKNIGHT

delicious

Fast and fresh solutions for dinner tonight.



LENTIL VEGGIE BURGERS

Make cooked lentils a part of your weeknight pantry. Prepare a big batch on the weekend, then use them throughout the week for soups, quick salads, and burgers like these.

Pin it! BHG.com/LentilBurger

**BEYOND
THE BUN**
Thin sandwich rounds are a tasty substitute.

WHAT YOU NEED

- $\frac{3}{4}$ cup dry lentils
- $1\frac{3}{4}$ cups water
- 8 oz. fresh cremini mushrooms, trimmed and chopped
- 1 cup sweet potato, peeled and chopped
- 4 cloves garlic, minced
- 1 cup arugula
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. yellow cornmeal
- 2 Tbsp. olive oil

1. In a saucepan combine lentils and water. Bring to boiling; reduce heat. Simmer, covered, 30 minutes or until lentils are very soft. Drain.

2. Meanwhile, coat an extra-large skillet with nonstick cooking spray. Add mushrooms, sweet potato, and garlic; cook and stir over medium heat 8 minutes or until potato chunks are tender. Remove from heat; cool slightly. In a food processor combine sweet potato mixture, 1 cup lentils, arugula, and soy sauce. Process with on/off turns until just smooth. Stir in remaining lentils. (Mixture will be soft.) Shape into four $\frac{1}{2}$ -inch-thick patties. Sprinkle both sides with cornmeal.

3. In the same skillet heat oil over medium heat. Cook patties 10 minutes, turning once. Serve on sandwich rounds with mixed greens and red pepper jelly. Top with sautéed sliced peppers, if desired. Makes 4 servings.

EACH SERVING 262 cal, 8 g fat, 0 mg chol, 301 mg sodium, 36 g carb, 13 g fiber, 13 g pro.

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ROSEMARY AND RAVIOLI CHICKEN SOUP



A vegetable broth base starts soup off with a clean and neutral flavor. It gives herbs, like rosemary and basil, the chance to show off.

Pin it! BHG.com/Soup



ZESTY SALMON PASTA SALAD

We love the knife and fork potential of lasagna noodles in this recipe, and it's a great way to use the broken pieces that inevitably end up at the bottom of the box. But any pasta will do.

Pin it! BHG.com/SalmonSalad

WHAT YOU NEED

- 1 32-oz. box vegetable broth
- 1 cup water
- 8 oz. red potatoes, coarsely chopped (1½ cups)
- 1 Tbsp. snipped fresh rosemary
- 1 9- to 12-oz. package refrigerated spinach or mushroom ravioli
- ½ purchased roasted chicken, meat removed and cut up
- 8 oz. fresh green beans, trimmed and cut into 1-inch pieces (2 cups)
- 1 Tbsp. butter

In a 4-qt. Dutch oven bring vegetable broth and water to boiling over medium-high heat. Add potatoes and rosemary; cook 10 minutes. Add ravioli, chicken, and green beans. Bring to boiling. Reduce heat. Simmer, covered, 5 to 7 minutes or until pasta and potatoes are tender. Stir in butter. Top with *fresh cracked black pepper* and *fresh snipped basil*. Makes 4 servings.
EACH SERVING 362 cal, 13 g fat, 112 mg chol, 1,326 mg sodium, 38 g carb, 4 g fiber, 25 g pro.

WHAT YOU NEED

- 4 5- to 6-oz. fresh or frozen skinless salmon fillets, thawed
- ½ cup Asian sweet chili sauce
- ¼ cup reduced-sodium soy sauce
- 4 dried lasagna noodles, broken into pieces
- 4 medium carrots, peeled and cut up
- 1 5-oz. package mixed salad greens or baby spinach
- ¼ cup rice vinegar

1. Rinse and pat salmon dry. In a shallow dish combine chili sauce and soy sauce. Add salmon and turn once; set aside 10 minutes.
2. Meanwhile, cook lasagna according to package directions, adding carrots the last 5 minutes. Drain. Divide noodles, carrots, and greens among four plates.
3. Add salmon and marinade to a large nonstick skillet. Bring to boiling; reduce heat. Cover and cook 8 to 10 minutes, turning once, or until salmon flakes easily when tested with a fork. Transfer salmon to plates, reserving marinade in skillet. Stir in vinegar; remove from heat. Drizzle dressing over salmon, noodles, and vegetables. Makes 4 servings.
EACH SERVING 425 cal, 10 g fat, 963 mg sodium, 40 g carb, 3 g fiber, 33 g pro.

BUTTERNUT SQUASH AND CHICKPEA CURRY



Green curry paste is a quick ticket to major flavor. The blend of lemongrass, green chiles, and Thai ginger adds just enough heat to kick Tuesday dinner up a notch.

[Pin it! BHG.com/Curry](#)



WHAT YOU NEED

- 1 Tbsp. coconut oil
- 1 large onion, chopped (1 cup)
- 2 cloves garlic, thinly sliced
- 1 14-oz. can coconut milk
- 1/4 cup green curry paste
- 1 2-lb. butternut squash, peeled and cubed (6 cups)
- 1 15- to 16-oz. can chickpeas, rinsed and drained
- 1/3 cup chopped fresh cilantro

1. In a very large skillet heat coconut oil over medium heat. Add onion and garlic; cook and stir over medium heat 3 minutes. Add coconut milk and curry paste; bring to boiling, stirring constantly to combine.
 2. Add squash; return to boiling. Reduce heat. Simmer, uncovered, 10 to 12 minutes or until squash is tender. Stir in beans and cilantro; heat through. Serve with rice. Top with fresh cilantro and a squeeze of lime. Makes 4 servings.
- EACH SERVING 402 cal, 22 g fat, 0 mg chol, 1,061 mg sodium, 46 g carb, 12 g fiber, 7 g pro. ■

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live well

Smart strategies for a happy, healthy life



THE JONES CREW



family time

Sharing the gift of good health

Catherine Woyee Jones knows how hard it can be to make changes. In 2006, she was tired and stressed, and she weighed 260 pounds. "I was turned down for life insurance after a poor health screening," the Apex, North Carolina, resident says. "That was my wake-up call." Catherine immediately started walking 20 minutes every day. She and her husband, Courtney, and their children, Jason (now 18), Tasia (16), and I've (11), also committed to cooking daily and swapping processed fare for produce, lean protein, and whole grains. One year later, Catherine had shed 120 pounds, and Jason had lost 60.

But Catherine wasn't ready to stop there. "I realized our family could help give the people in our community the tools they needed to live healthy," she says. Today, in addition to stocking a local food pantry with healthy choices each week, the Joneses give wellness talks, host an annual 5k race, and partner with a local boys and girls club to distribute backpacks loaded with nutrition information and wholesome snacks. Says Catherine: "Encouraging others to get healthy prompts our family to keep making good choices. But more important, it gives us a sense of purpose."

—Camille Noe Pagán

health showdown

At the movies, is it better to eat popcorn or candy? Popcorn, hands down.

Because it's high in fiber, popcorn has at least some nutritional value, and you'll stay satisfied and full longer, says Bonnie Taub-Dix, R.D.N., author of *Read It Before You Eat It*. Candy is just sugar and empty calories. Order the smallest size of popcorn available, no butter. (And don't even pretend you thought we weren't going to say that.)

20%

That's how many Americans give their pets Valentine's Day gifts. Make yours for a good cause: PetSmart's new line of Pound Puppies dog toys gives **10 percent of the purchase price to the company's charities.** petsmart.com

a healthier way to...

Toss your meds

Don't just chuck or flush pills and liquids down the toilet. Get rid of your medications safely with these tips from Matthew Grissinger, R.Ph., a pharmacist with the Institute for Safe Medication Practices.

Remove the medication from its container.

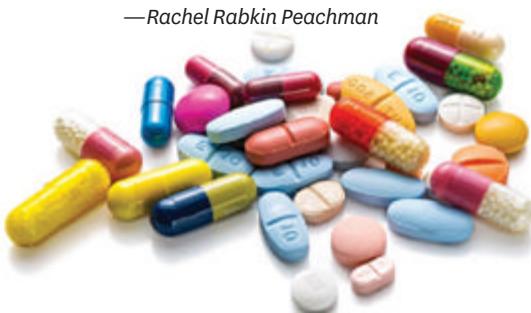
Mix with used coffee grounds, other wet garbage, or unused cat litter. The goal is to contaminate the drugs so they're not usable. Then seal the mixture in a plastic bag or container and throw in the trash.

Rip off or black out prescription labels.

"Making the medicines unidentifiable will stop people from misusing them, or finding your personal information," Grissinger says.

Take special care with EpiPen injectors and other needles. Place them into an FDA-cleared needle disposal container, which is made of heavy-duty plastic and is resistant to punctures and leakage. Your health care provider might be able to give you one; they typically cost a few dollars online or at the pharmacy. Then call your trash or recycling center to find out where you can dispose of them. Some medical facilities have drop-boxes, or your community might have hazardous waste collection sites.

—Rachel Rabkin Peachman



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success story

"I survived a stroke"

Jane Reilly Mount was in the passenger seat on the way to a party with her husband, Jerry, when a wave of fatigue suddenly hit her. "I just wanted to take a nap right there," she says. "Jerry asked if I was OK, and I thought I said 'I'm fine,' but he heard something very different." He then asked her to count to 10, and when he heard her skipping numbers, he drove straight to the hospital.

"My wife is having a stroke!" he yelled when they arrived. The minute hospital workers brought a wheelchair, Jane, who was 43 years old, collapsed into it. "I was lucky that I got to the ER within the three-and-a-half-hour window during which I could take the clot-dissolving drug," she says.

Four years later, Jane is back to her regular routine, with no long-term effects from the stroke. "My husband's quick thinking saved my life," she says.

—Leslie Pepper

Every year, more women than men suffer a stroke, yet only 27 percent can name more than two of the six main symptoms. They are:

- Numbness or weakness on one side of the face
- Numbness or weakness of the arms or legs, on either or both sides
- Confusion or trouble speaking or understanding others
- Trouble walking, dizziness, loss of balance or coordination
- Trouble seeing in one or both eyes
- Severe headache with no known cause

EAT YOUR HEART OUT!

Think steak is a diet don't? Depending on the cut of meat, it might not be. New research on heart-healthy foods includes a few surprises:

Lean beef In a Penn State University study, people who ate lean beef as part of a heart-healthy diet had a four percent drop in their blood pressure. Be sure to change up your sources of lean protein, and when you do choose beef, look for cuts labeled "lean" or "extra-lean," which means they have 10 g fat or less per 3½-oz. serving. For steak, the USDA says flank, top round, top sirloin, sirloin tip side, and eye round count as lean.

Cheese People who ate three to seven servings of dairy a week were less likely to die of heart disease than those who had fewer, says a study in the *American Journal of Clinical Nutrition*. Meanwhile, other research suggests that a compound in cheese, yogurt, and milk might help reduce blood pressure and glucose levels.

Fruit Here's how powerful produce is: One serving daily reduces the risk of heart attack and stroke by as much as 40 percent. For a filling snack, have a cup of fiber-rich raspberries (8 g) or a whole pear (6 g) or apple (4 g).

—Sharon Liao





IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

- Call your health care provider if breathing problems worsen over time while using SYMBICORT. You may need different treatment
- Get emergency medical care if:
 - Breathing problems worsen quickly, and
 - You use your rescue inhaler medicine, but it does not relieve your breathing problems

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden symptoms. Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.

SYMBICORT can cause serious side effects, including:

- Pneumonia and other lower respiratory tract infections. People with COPD may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of mucus, fever, chills, increased cough, or increased breathing problems

- Serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems
- Immune system effect and a higher chance of infection. Tell your health care provider if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection such as fever, pain, body aches, chills, feeling tired, nausea, or vomiting
- Adrenal insufficiency. This can happen when you stop taking oral corticosteroid medicines and start inhaled corticosteroid medicine
- Using too much of a LABA medicine may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT. Always have a rescue inhaler with you to treat sudden wheezing
- Eye problems including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Lower bone mineral density can happen in people who have a high chance for low bone mineral density (osteoporosis)
- Slowed growth in children. A child's growth should be checked regularly while using SYMBICORT
- Swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain or swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels

Common side effects in patients with asthma include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT

SYMBICORT 80/4.5 and 160/4.5 are medicines for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long-term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Performist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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The belief that injections of Human Growth Hormone (hGH) may help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, get rid of wrinkles, tighten saggy skin and provide plenty of youthful energy has been, for the most part, an “underground” Hollywood thing. Even *Shape* magazine noted: “When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow.”

However, as attractive as hGH therapy became, the high cost of injections (about \$15,000 a year) limited the benefits of hGH therapy to the very rich and famous.

Since Dr. Oz introduced the results of the groundbreaking SeroVital study (which was presented at the prestigious Obesity Society's international scientific meeting held in San Antonio, Texas), SeroVital was exhibited at The Academy of Women's Health's 21st Annual Congress in Washington, DC and The 9th World Congress of Cosmetic Dermatology held in Athens, Greece. Even the United States Patent Office has added to the SeroVital mystique by issuing not one but **seven** U.S. Patents to protect the SeroVital formula from imitators.* With all the extraordinary worldwide publicity surrounding SeroVital, it has become the fastest-selling, most talked about “anti-aging” compound in America.

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SeroVital is currently available at all Ulta stores, Kohl's, select GNC locations, or directly from SanMedica International at SeroVital.com or by calling **1-800-487-4117** (use promo code **THANKYOU56** and shipping is free†). SeroVital will soon be available at prestige retailers nationwide. A full 30-day supply costs about \$100 USD.

SanMedica International, LLC

*SeroVital-hgh is protected by U.S. Patent Numbers 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,921; 8,765,195 and 8,747,922. All trademarks are the property of their respective owners.

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CHEAT SHEET

seasonal affective disorder

Does your mood plummet when the sun takes a winter break?

How to tell if you have SAD—and feel better.

BY DENISE SCHIPANI

The winter blues and SAD are different

Shorter days can make anyone bummed, but Seasonal Affective Disorder (SAD), a form of clinical depression, affects 2 to 9 percent of Americans. In the winter, when there's less sunlight, your body produces more melatonin, a hormone that makes you feel sleepy and sluggish, and some people's bodies aren't wired to handle that. The key is that SAD symptoms—including fatigue, irritability, and excessive sleeping—can be debilitating, says Angelos Halaris, M.D., Ph.D., a psychiatrist at Loyola University in Chicago who specializes in SAD treatment.

Light therapy is the first line of treatment

And your reading lamp won't cut it. Special light boxes help reduce your body's production of melatonin. Sitting in front of these lights "fools the brain into thinking the day is longer and brighter than it actually is," Halaris explains. Available at major retailers, light boxes range in intensity from 2,500 to 10,000 (measured in lux; a typical living room light has 50 lux). The usual recommendation is to sit in front of the box twice daily for 35 to 45 minutes—once in the morning when you wake up, then at dusk. If you think you have SAD, seek treatment with your doctor's guidance.

Sunlight and exercise can help milder SAD

Open the shades first thing in the morning, and take a brisk walk outside at least once daily. This will help suppress your melatonin levels somewhat, says William Sanderson, Ph.D., a psychology professor at Hofstra University in New York. For those with severe SAD, antidepressants have been shown to help, and you may not have to take them year-round. ■



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Get the templates and easy step-by-step photos to make these paper poppies. BHG.com/Poppies

SUPPLIES

Yellow crepe paper streamers

Scissors

Crafts glue (we used Beacon 3-in-1 Advanced Craft Glue)

20-gauge floral wire

Self-adhesive florist tape in green

20x30-inch tissue sheets

Flower petal templates

(download them at BHG.com/Poppies)

START WITH THE CENTER

- 1 Cut a 7-inch piece of streamer and fold it in half lengthwise. Fringe the unfolded edge, cutting about three-quarters of the way down. (You can also use fringing scissors, which make multiple cuts at once.)
- 2 Place the streamer on a flat surface, fold in half widthwise, and loosely pinch together. Dab crafts glue on the folded edge and press around a piece of floral wire. Wrap a small piece of florist tape around the base.

PREPARE THE PETALS

- 1 Unfold a sheet of tissue paper. Starting from the short side, cut twelve 3-inch strips. Fold each strip accordion-style, making folds wide enough for cutting around the petal templates.
- 2 Align template with the bottom edge; cut around the template. Repeat until you have 6 petals of each size per flower.

CREATE THE FLOWER

- 1 Each flower will have 6 two-layer petals—3 small, 3 large. Start with the small. Stack two cut-outs, bring the bottom edges together to create a concave shape, and glue around the yellow center. Repeat twice to create the inner layer of petals.
- 2 Repeat process with the large petals and glue to bottom of flower, around the smaller petals.
- 3 Finish by wrapping a piece of florist tape around the base of the flower.
- 4 To make the flower "bloom," gently bend the flower head forward and open the petals slightly. ■





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how to
**SAVE YOUR
OWN LIFE**

BY BETH HOWARD

Even though an American woman has a heart attack every 90 seconds, when she goes to the ER with symptoms, she all too often doesn't get treated with the same care or urgency as a man. This step-by-step guide will help you get the lifesaving health care you deserve.



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**SURVIVOR STORY**

"I was training for a marathon."

JEN THORSON, 40, ST. PAUL, MN

It was a scorching Tuesday in August, and Jen was 10 weeks into training for her second marathon. "My training should've been getting easier, but it felt harder," she says. "After 8 miles, I was dizzy and nauseous, but it was hot." She sat on the curb for a few minutes, then pushed through and ran 9 more miles. Then, on a bike ride that Thursday, Jen felt a sharp pain between her shoulder blades, but kept going.

Two days later Jen had a spicy Thai dinner with a girlfriend, and afterward, pain in her back, arms, and upper abdomen kept her awake all night, but she chalked it up to heartburn. "I did a Web search for 'back pain or arm pain' with 'reflux' and found an article that mentioned heart attack," she says. Then, as if on cue, she broke out in a cold sweat.

Jen decided to go to the emergency room, just in case, and sure enough, she was having a heart attack. Doctors cleared the blockage and inserted a stent. "No more marathons are my doctor's orders, but I can run distances up to 10 miles," she says. "I still run. I call it 'run for your life.'"

**step 1****RECOGNIZE THE SIGNS**

The most common heart attack symptom is chest pain, but women are more likely to have other signs, too. They include shortness of breath, weakness, fatigue, cold sweats, pain radiating down the arms, dizziness, nausea or vomiting, and upper back or jaw pain, says Nieca Goldberg, M.D., medical director of the Joan Tisch Center for Women's Health at NYU Langone Medical Center.

Think back to how you've been feeling over the past few weeks: Many women have signs including unusual fatigue, sleep disturbances, shortness of breath, indigestion, and anxiety up to a month before a heart attack. Research shows symptoms can vary by age—for instance, one in five women age 55 or under do not have chest pain during a heart attack.

Also keep risk factors in mind: A heart attack is more likely if you're overweight; you smoke; or you have diabetes, high blood pressure, high cholesterol, or a family history of heart disease.

step 2**CALL 911 RIGHT AWAY**

Don't drive yourself to the ER. You could go into cardiac arrest and pass out behind the wheel, says Sharonne N. Hayes, M.D., director of the Women's Heart Clinic at the Mayo Clinic in Rochester, Minnesota. "Ambulances have defibrillators and lifesaving drugs, so you can often start getting treatment before you arrive at the ER," she says. While you're waiting, chew a regular (325 mg) aspirin. It won't stop a heart attack, but it will help keep blood from clotting and might limit damage, Goldberg says. Also, EMTs can administer nitroglycerin tablets to help open arteries and allow more blood to flow to the heart. And they know the best place to take you. "The closest hospital may be five minutes away, but the one that can open your arteries may be 15 minutes away," Hayes says. The EMTs will radio ahead so ER staff are standing by for a potential cardiac emergency.

step 3**WHAT TO SAY IN THE AMBULANCE**

Be clear about what you're experiencing, and don't hesitate to say firmly, "I think I'm having a heart attack." Studies show that it's harder for EMTs to recognize heart attack signs in women.

When EMTs get to you, stay as calm as possible, and describe what you're feeling. Tell them your medical history, and tell them if anyone in your family has had a heart attack or heart disease; certain risk factors such as a family history might prompt them to take your symptoms more seriously. Share any medications you are taking so the medics know more about your overall condition and can avoid drug interactions.

The EMTs should take your blood pressure and listen to your heart, and monitor your heart rhythm with an EKG machine to detect waveforms that suggest a heart attack. If that doesn't happen, "it's reasonable to say, 'Could this be my heart? Should we do an EKG?'" says Deborah Kwon, M.D., a cardiologist at the Cleveland Clinic.



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step 4 WHAT TO SAY AT THE ER

Be specific and precise about your symptoms. If you do have chest pain, report and emphasize that first, then describe symptoms in a concise, affirmative way. "Women tend to report their emotional experience rather than physical symptoms," says Roxanne Pelletier, Ph.D., a women's heart researcher at the McGill University Health Centre in Montreal. But it helps doctors understand what's happening faster when they hear concise facts like "I've had terrible chest pain, nausea, and shortness of breath for the past hour."

If an EKG shows a heart attack, you might be sent for an angiogram ASAP to open a blocked artery. If the EKG is normal, ask doctors to test your blood for enzymes that indicate heart damage. "The classic screenings look to confirm evidence of a blocked artery, but in women, heart disease that can lead to a heart attack may take other forms," explains Jennifer Mieres, M.D., professor of cardiology at the North Shore LIJ Health System in Lake Success, NY. While your blood is checked, you may be watched overnight and/or get more tests.

step 5 LEAVING THE HOSPITAL

If doctors say you didn't have a heart attack, follow up with your physician in the next day or two. Request a referral to a cardiologist—ideally one who focuses on women. "You want doctors to get to the bottom of what's going on, and evaluate your risk," Mieres explains. "Women can have more diffuse coronary artery disease that requires extra tests to detect," Kwon says. If you have had a heart attack and/or a procedure, adhere to the follow-up instructions and prescriptions, and get a referral for cardiac rehabilitation to reduce the chances of a second heart attack.

Most important: There's absolutely no shame if doctors decide you didn't have a heart attack. "Count yourself lucky," Hayes says. "I tell patients, 'Aren't you glad you're here? If this should happen again, come back.'"

SURVIVOR STORIES



"**Nobody believed I was having a heart attack.**" **MARY BIAGIOLI, 63, ST. LOUIS, MO**

Mary had outlived almost all her relatives: Heart disease took her mother at 56 and her father at 47. But last year, when she woke at 3 a.m. nauseated, sweating, and with a deep, burning pain in her upper right arm, she took two aspirin and fell asleep again—even though she had an inkling as to what was going on.

The next morning, she went straight to the doctor, but an EKG revealed nothing. A week later the upper arm pain returned with excessive sweating. "I called my sister, who told me to call 911 immediately," she says. At the hospital, the first ER nurse took Mary's vitals and told her to stop worrying. "Even after my sister told them my family history, I had to wait in the triage line," Mary says. After three hours, she got a bed. "This nurse looked at me and said, 'You're having a heart attack.' Blood tests showed damage to my heart muscle, and I had quadruple bypass surgery."

"**I thought I was having panic attacks.**" **KEISHA HAWES, 33, CHARLESTON, SC**
Keisha had just lost a job she loved, so when she felt her heart skipping a beat once in a while, she blamed anxiety. "I was sweaty and nauseous, and I often felt like I had to gasp for air," she says.

One night after an argument with a family member, she left the house to grab some fast food, then headed home and got into bed. Almost immediately, she felt a burning in her chest. "I thought it was punishment for eating so badly. I rarely have that kind of food," she says. After tossing and turning for a few hours, she told her husband she was heading to the emergency room to get some antibiotics.

Turns out, Keisha had a 95 percent blockage in her main coronary artery. "Had I not gone to the hospital when I did," she says, "I might have died." ■



PHOTO: SHUTTERSTOCK; SURVIVOR STORIES BY LESLIE PEPPER

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DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

FAMILY HOT SPOT, pages 29–34
Interior designers: Julie Holloway and Anisa Darnell, Milk and Honey Home, Roswell, Georgia; 404/290-9011; info@milkandhoneyhome.com; milkandhoneyhome.com.
Contractor: Daniel Harper, Renew Properties, LLC, north metro Atlanta; 404/435-0644; daniel@renewpropertiesllc.com; renewpropertiesllc.com.

LEMON + LAVENDER, pages 36–39
Color expert: David Bromstad, info@bromstad.com; bromstad.com.
Room designer: Katherine Shenaman, Katherine Shenaman Interiors, 6205 S. Dixie Hwy., West Palm Beach, FL 33405; 561/833-4181; info@katherineshenaman.com; katherineshenaman.com.

SHARE THE LOVE, pages 50–54
Lifestyle designer: Natalie Chanin, Alabama Chanin, Florence, Alabama; 256/760-1090; alabamachanin.com.

ROWHOUSE REDUX, pages 60–67
Interior designer: Kathryn Ivey, Kathryn Ivey Interiors, Washington, D.C.; 202/885-9429; kathryn@kathryneivey.com.

OFF THE SHELF & INTO THE HOME,
pages 74–80
Design consultants: Kim Sauvageot, Daisy Mitchell, Adam Braun, and Jamie Scherle, Honeyshine, 2720 W. 43rd St., Minneapolis, MN 55410; 612/377-7300; honeyshine.net.

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See more of Ronda’s home office makeover on her blog, batchelorsway.com. ■

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